12 page weekly PROPERTY supplement inside

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Investigations of previous Competition Authority disappear

FUEL CARTEL FILES VANISH

Fuel, see p.70

After heavy transport vehicles, farmers are now making themselves heard and seen across the country with their tractors wreaking havoc at the entrances of many cities. On Thursday, police in Braga and farmers were involved in a stand-off, with tractors being blocked in the vicinity of the Municipal Stadium. While farmers are protesting against a loss in subsidies, and the crippling effects spiralling fuel prices have had, they also promised to continue their demonstrations after the Minister of Agriculture Jaime Silva reportedly accused the CAP and CAN farmers' unions of having "links to the conservative and extreme right". (Photo:Lusa/Paulo Novais)

Govt warns about email scams

Computer users in Portugal have been warned by the Government about a potential email scam centred in the Ivory Coast and are told not to buy land or houses in the African state that are advertised on the Internet, officials said this week. (See Page 2)

Algarve church makes news in Jerusalem

Delegates at the revolutionary Global Anglican Futures Conference (GAFCON) being held in Jerusalem, learnt this week that for the first time in history, three senior church leaders agreed to officially oversee an independent Anglican church, which is based in the Algarve. (See Page 4)

First Portuguese convicted for download piracy

With Internet piracy in Portugal on the up, it comes as no surprise that for the first time in the country's history an individual has been sentenced to 90 days prison for illegally downloading music. (See Page 9)

Toddler tragedies in Algarve pools

Two babies in the Algarve tragically died this week in separate swimming pool accidents. (See Page 16)

Seven day weather outlook

Lisbon: It will be hard to spot a cloud in the Portuguese capital in the coming week with thermometers sitting the 30º-degree mark throughout. **Faro:** Sun will dominate the coming seven days with blue skies and the lowest temperature predicted is 27º. **Oporto:** Oporto will follow the trend of the rest of the country, though thermometers will only rise into their early 20s to accompany the blue skies. UV ratings will reach their maximum rating in Lisbon over the weekend (11), while the Algarve will see a figure of 10.

A close-up of Belmiro de Azevedo, President of the Sonae group and the second richest man in Portugal. (Photo: Lusa / Miguel A. Lopes)

Portugal's rich on rise as economic crisis worsens

Even in the midst of the current economical and financial crisis, the number of designated 'rich' Portuguese, those with more than €642,000 (one million U.S. dollars) in their bank accounts, has risen from 11,400 to 11,600.

This information was revealed by Merrill Lynch and Cap Gemini in their World Wealth Report 2007, counting individual finance and patrimony, excluding real estate investments and offshore finances.

On a global scale, the number of millionaires in the world also rose by six per cent during 2007.

At the end of last year there were 10.1 million millionaires in the world, representing an accumulated wealth of 40.7 billion U.S. dollars.

The number of 'super-rich', with personal fortunes of over 30 million U.S. dollars – also rose by 8.8 per cent, to 103,320.

This evolution is being put down to emerging markets, like those of China and Brazil.

According to forecasts by Merrill Lynch and Cap Gemini, the number of millionaires in the world will continue to rise and should reach 59.1 billion U.S. dollars by 2012, a yearly growth of around 7.7 per cent.

Govt. warns about e-mail scams

Computer users in Portugal have been warned by the Government about a potential email scam centred in the Ivory Coast and told not to buy land or houses in the African state that are advertised on the Internet, officials said this week.

In a statement on the State Secretary for Communities website, the Portuguese Government cautioned Portuguese to pay "special attention to email contacts from the Ivory Coast proposing purchase of houses, land, cars and other goods" by Portuguese citizens.

State Secretary for Communities António Braga, contacted by the Lusa News Agency, said Portugal's Embassy in Senegal has received numerous complaints or requests for assistance in recent months from Portuguese living in Portugal who have been contacted by email scammers from the Ivory Coast.

"We advise against exchanging emails and warn citizens of fraudulent intent, as some people have already been snared and sent cash," added Braga.

In a related story, readers are also advised to beware of a Spanish company sending out letters addressed to residents in Portugal stating recipients have won large sums of cash in a random lottery draw.

The letter that is being sent claims that the receiver has been approved for a lump sum payout of a large amount of money after being selected through a computer ballot system, drawn from people all over the world.

In order to claim the prize, the 'winner' must fill in a sheet with lots of personal details such as address, job, full name and birth date.

On the letter it also states that ten percent of the winnings belong to the Spanish *Ministerio de Economia y Hacienda*.

THE PORTUGAL News

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Only four hospitals allow fathers to witness cesareans

Out of 45 public hospitals contacted in a survey carried out by Portuguese daily newspaper *Diário de Notícias*, almost all of them prohibited fathers from witnessing their children being born by cesarean due to risk of infection. Only one private hospital said fathers had to wait outside.

Only four out of the 45 – São João do Porto, Guarda, Castelo Branco, and Hospital Padre Américo, Penafiel, said they would allow husbands or partners to be present at C-section births.

By law, the choice is left to each individual hospital and maternity ward, though many pediatricians are against the probation.

Concerning private hospitals, out of ten that were contacted only one said they forbade fathers from witnessing caesarians.

In essence, the large majority of public hospitals deny the father the right to accompany mothers during caesarian births, whereas the majority of private hospitals allow it.

All of the hospitals said risk of infection was the main reason for taking the stance, though in some cases exceptions are allowed if the father is a doctor.

Those that do allow fathers to be present in the delivery room defend that if everything is properly sterilized, there should be no risks involved.

In Leiria's Santo André hospital, 27 per cent of babies are born by caesarian, translating as 649 out of 2377 births, though fathers are not allowed to witness the delivery.

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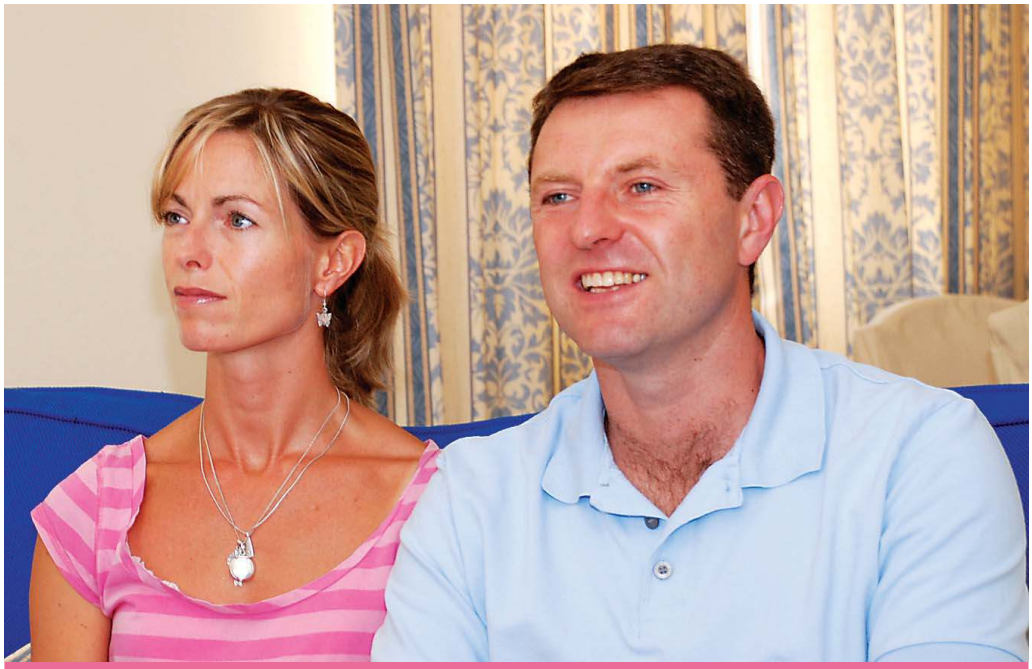
McCanns make High Court bid to release police files

It was officially confirmed this week that the parents of missing Madeleine McCann will ask a High Court judge to order the release of police files on the disappearance of their daughter. Leicestershire police have so far agreed with officers in Portugal not to disclose information on the case.



Kate and Gerry McCann at a Press Conference on the 10th August 2007. (Photo: The Portugal News)

Kate and Gerry McCann hope the hearing on July 7th will give access to details of reported sightings of Madeleine, which will be passed on to their private Spanish investigators to carry out their own investigations.

Meanwhile, the McCanns have made Madeleine a ward of court, which allows a judge to act in the best interests of a child in a legal dispute.

According to UK press, the release of the files only became a possibility after making their daughter a ward of court, which usually only happens when a child is at risk, though this process was reportedly instigated months ago.

Spokesperson Clarence Mitchell confirmed the diligence had been requested and would give access to "certain documents"

He said: "An application has been made on Madeleine's behalf by her parents for the disclosure of certain documents.

"The case and the judgment may be in public and this will be a matter for the court to decide.

"It has been the stated intention of Gerry and Kate to leave no stone unturned in doing everything necessary in the search for their daughter, as would any other parent.

"This application is just part of their search for Madeleine."

The application to Mrs Justice Hogg is listed for the Family Division of the High Court.

Madeleine McCann disappeared from a bedroom in the resort where she was holidaying with her family in Praia da Luz, on May 3rd, 2007.

She had been left unattended with her two younger siblings while her parents dined with friends in the resort's restaurant.

In related news, Gonçalo Amaralo, ex-coordinator of the Portimão PJ police as well as the Madeleine McCann case, has asked for early retirement.

He had previously been taken off the investigation.

Forgotten fines

Drivers who were caught offending before 2007 and did not pay their fines or didn't obey their penalty might get away scott free. According to Portugal's Road Safety Authority (ANSR), six and a half million fines are sitting in boxes, stored in Lisbon, with no plans of action for them.

The ANSR, company that recently replaced the DGV (Portuguese RTA), does not know how many of these fines were charged or issued. President of ANSR said "It is natural that in a changing scenario there are some constraints"; specialised lawyers consider these 'constraints' as chaos.

The millions of processes were stored in the 18 regional delegations and most of them are pending cases.

The authority is recognising they are only taking care of fines issued after May 2007, although they cannot say how many have been issued until now. A lot of the hard work of the security forces in the last few years will have been in vain.

The way DGV was terminated, part of the PRACE programme (Restructuring programme for the Central Administration of the State), left the ANSR with a lack of human and material resources. Before there were 250 employees taking care of fines and now only 70 are expected. Matter of fact is, after one year in service, ANSR have not been able to organise themselves.

Another terrible situation is the lack of response to courts' requests to access drivers' records; these requests are related to road crimes like drink driving, dangerous driving or driving without a license, and the judge needs to see the driver's record to give out an appropriate sentence. According to some lawyers working in the sector, the delay in response is sometimes so long, judges have had to threaten legal action on the president of the ANSR for disobedience.

The final outcome from all of this incompetence is dangerous drivers, who should have their licenses' revoked, continue driving on the roads.

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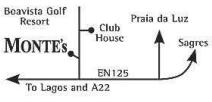

Algarve church makes news in Jerusalem this week

Delegates at the revolutionary Global Anglican Futures Conference (GAFCON) being held in Jerusalem learnt this week that for the first time in history, three senior church leaders agreed to give official oversight to an independent Anglican church, which is based in the Algarve.

From left to right: Rev'd Dr Kevin Donlan Canonical Advisor to Rwanda; Canon Ellis Brust President of AMiA; Bishop Martin Morrison of the Church of England in South Africa; The Rt Rev. Frank Retief, Presiding Bishop of the Church of England in South Africa; The Most Rev. Emmanuel Mbona Kolini, Archbishop of the Province of the Anglican Church of Rwanda and Bishop of Kigali; The Most Rev'd Dr. Justice Ofei Akrofi, Archbishop of the Church of the Province of West Africa and Bishop of Accra; Terry Blackman Lay Chairman of All Saints Anglican Church Algarve; Jo Blackman Children's Minister All Saints Anglican Church Algarve at the signing of the Concordat, the document of acceptance which brings All Saints Anglican Church into the care of a Bishop and two Archbishops.

In a statement sent to **The Portugal News** from the 'Holy City', where more than 1,200 delegates from around the world had gathered, it was revealed that a Concordat had been signed at the seven-day conference allowing the All Saints Anglican Church Algarve to be looked over by three bishops.

The GAFCON conference unites conservative Anglican bishops and leaders and was planned to occur one month prior to Lambeth 2008, the ten-yearly gathering of Anglican bishops from around the world. It is primarily aimed at Anglican leaders who consider themselves to be in line with Biblical truths and therefore against the liberal wing of the church because of the consecration in 2003 of an openly homosexual bishop Gene Robinson by the ECUSA in the United States.

In a radical break with tradition, three church leaders, The Most Rev. Emmanuel Mbona Kolini, Archbishop of the Province of the Anglican Church of Rwanda and Bishop of Kigali, The Most Rev'd Dr. Justice Ofei Akrofi, Archbishop of the Church of the Province of West Africa and Bishop of Accra and The Rt. Rev. Frank Retief, Presiding Bishop of the Church of England in South Africa signed the Concordat in Jerusalem, the document of acceptance which brings All Saints Anglican Church into their care.

In a statement sent from Jerusalem, one of the GAFCON attendees said: "This is a truly global, cross border commitment to ensure that Anglicans everywhere can look forward with confidence."

All Saints Anglican Church is the first Anglican Church in Europe to receive Episcopal oversight in this manner.

A spokesman for All Saints explained: "We are so grateful to our Bishops that they heard the cry of our congregations and stepped out in faith to care for us in this way. We believe that this is just the start of the winds of change blowing through the Anglican Church."

Earlier this month, Archbishop Kolini ordained All Saints' Jackie Nevill into the priesthood in a ceremony in Kigali, Rwanda.

According to the church, Jackie will become the assistant Priest of All Saints which currently has two congregations on the Algarve and is reportedly actively planning to plant more churches in the very near future.

In the meantime, debate rages on within the Church of England, among conservatives and liberals alike as to the value of the breakaway GAFCON conference.

Shortly before last Christmas, Archbishop of Canterbury, Dr Rowan Williams said that plans to hold a pre-Lambeth meeting did signal disloyalty, as such a meeting "would not have any official status as far as the Communion is concerned".

His predecessor, George Carey, also expressed concern at the staging of the conference.

He recently said: "If the Jerusalem conference is an alternative to the Lambeth Conference, which I perceive it is, then I think it is regrettable. The irony is that all that they are going to do is weaken the Lambeth Conference. They are going to give the liberals a more powerful voice because they are absent and they are going to act is if they are schismatics".

Despite this position, George Carey has publicly called on the American House of Bishops to commit itself to the Windsor Covenant, which imposes a moratorium on the consecration of homosexual bishops and the blessing of same-sex unions.

Exposure to mobile phones killing mice

Lab mice's mortality rate grows and memory degrades after long exposures to radiations emitted by mobile phones, according to a Belgium researcher.

Dirk Adang used 124 lab mice to study the effects of radiations from mobile phones, Wi-Fi networks and their antennas for eighteen months (around 70 percent of their life expectancy), on three groups of mice, two hours a day, with different levels of radiation and another control group not exposed to radiations.

The three groups exposed had higher mortality rates (48.4 percent, 58.1 percent and 61 percent) than the control group (29 percent).

Adang also studied the impact of radiation on the mice's memory and discovered that after long exposure, 15 months, there was evident memory loss.

The World Health Organisation has recommended a wait until 2015 to evaluate the impact of radiation on humans, seeing that the use of mobile phones rocketed in 1998.

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Two thirds of inmates locked up for drug related crimes

In 2007, 67% of people incarcerated were in jail for crimes related directly/indirectly to drugs, 5.5% less than in 2001.

The courtyard of the Carregueira Prison establishment in Sintra. (Photo: Lusa / Tiago Petinga)

A study carried out by Business and Work Sciences University about drug consumption in prisons showed that drugs are still the largest motive for arrests and the majority of people in the prison system have already consumed drugs at least once(64%).

Despite these figures, altogether there is a gradual reduction of drug consumers in prison establishments, more specifically heroin (from 27% to 13%), cannabis (39% to 29%) and cocaine, although ecstasy consumption has risen 3%.

Methods of taking drugs have changed over the years due to the growing awareness of infectious diseases, such as AIDS and Hepatitis, and inmates now prefer to smoke their drugs rather than inject them. Between 2001 and 2007 there has been a rise in the number of exams performed for infectious diseases, a reduction of infected individuals and an increase of people only using new needles. Prisoners with HIV have lowered from 16% in 2001 to 10% in 2007, and Hepatitis B down 5% to 5%.

The same study showed that most Portuguese inmates are young, single males with not much education and in jobs with low qualifications. Last year, 85% of the inmates were of Portuguese nationality, of which 54% are citizens from Portuguese colonial African countries and 25% from Latin America.

The age average of female inmates got younger (37 years old) and the male average grew (33).

Six years in jail for thieving postman

A postman who for a number of years embezzled social security cheques from their intended recipients has been condemned to six years in jail for "violating the duties of zeal and loyalty".

A further 12 postal workers were also accused of the same type of forgery, nine of which were given jail terms of up to five and a half years.

A collective panel of judges proved that the 40-year-old ex-CTT worker had committed crimes of peculation, forgery of documents, and qualified theft, as well as abusing his role within Gaia's Central Distribution Centre to take advantage of cheques that were destined to needy people, namely subsidies for the ill, unemployed, and family allowances.

The cheques were then forwarded to acquaintances from poor social backgrounds (some of which were the remaining accused workers) who would proceed to cash the cheques, claiming to be the beneficiaries, forging thousands of euros.

Having carried the crimes out between April 2001 and October 2003, the only charge all of the accused were cleared of was of criminal association.

Of the remaining 12 accused, nine (six of which were women) were condemned to jail terms, ranging between four and five and a half year.

Sentencing was passed after the postman confessed, saying he was "lost" after becoming involved with one of the accused.

The judge made a comparison to the legend of 'Robin Hood', saying this was a case of "the poor stealing from the poorer".

However, financial difficulties were not accepted as an excuse, as according to the jury, those difficulties were due to the accused party's "lack of will to work".

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Oeiras beach brawl ends in shootout

A confrontation between two rival groups of youths on the Santo Amaro beach in Oeiras over the weekend, ended with significant police intervention, who fired four warning shots to regain control of the situation.

Eyewitness reports suggest the problems kicked off at around 17h30 when one group of youths surrounded another after a white individual and a black individual engaged in a physical confrontation.

Chaos rapidly kicked off, with over a thousand people said to been caught up in the brawl.

Called by local bar owners, the police finally arrived, but were met with a shower of glass bottles, requiring back-up to be called in, the opposing gangs uniting to deter police.

Three intervention vehicles and six patrol cars turned up on the beach, but it was only after the four shots were fired into the air that any form of control was finally regained.

One maritime police car and two speedboats were also on standby.

Another source claimed no detentions were made, and no one was identified. The only injury was sustained by an Oeiras PSP police officer, who was stuck over the head with a bottle.

Beach-goers initially feared the incident was to be a repeat of what happened in June, 2005, when Carcavelos beach was invaded by a group of youths who swiped anything they could grab as they raced along the beach.

Police arrest 'mobile phone' bank robber

Allan Guedes Sharif, a Portuguese/US citizen, has been arrested in the village of Mangualde after an international arrest warrant was posted for over thirty reported crimes of extortion and fraud in the US.

The Portuguese/American who was living in Torre de Tavares, in Viseu, allegedly took money from businessmen in U.S.A., England, Canada and Switzerland by using bomb threats and imaginary snipers.

He did so by using sophisticated computer technology and was able to visualize the victims from thousands of miles away, giving the victims precise details of what they were doing whilst he asked them to transfer large amounts of money or he would blow up a bomb or shoot the victim with a sniper rifle. In other situations he actually hacked some companies' systems and diverted great amounts of money into his accounts.

During the operation to catch Allan Guedes Shariff, DCBB (Bandit Combat Central Board) identified a further seven people, all Portuguese, that in someway were related to the crimes committed by Allan Guedes. Fifteen computers, 53 mobile phones, four cars, one firearm, gold, dozens of TV's, other luxury items and thousands of euros were seized during the operation.

A thousand robberies at stores each month

Every year, more than 15,000 robberies are reported by commercial establishments in Portugal, meaning an average of 42 cases per day or around 1,260 per month.

These figures do not include cases of violent crime, such as gun-point hold-ups.

Last year, 3,152 cases were reported in Lisbon alone, followed by Oporto, where 2,852 stores were robbed.

Since 2004 Lisbon and Oporto have been in competition for first place as to which city suffered most thefts.

In 2004 Oporto lead the ranking, with almost 4,000 robberies having been carried out that year.

Between 2004 and 2007 the number of incidents in Oporto decreased consistently, with Lisbon taking the title and peaking in crime in 2005.

Last year, on a national scale, 15,511 shop crimes were reported; 338 less than in 2006.

Following the districts of Lisbon and Oporto in terms of shop robberies are Faro, Setubal and Aveiro, all reporting over 1,000 cases in 12 months.

According to sources connected to criminal investigations, most incidents on commercial establishments occur between midnight and six in the morning.

Breaking in through widows and doors is reportedly the most commonly used tactic, as well as the use of fake keys, with tobacco, plasma TVs, gold, computers and electrical goods being the most popular items to swipe, as they can be sold on the black-market.

Shoppers at a busy supermarket checkout (Photo: Lusa)

Teen punched to death at school party

A 16-year-old boy died last Sunday, a day and a half after suffering a fatal fall after being punched in the early hours of Saturday morning at an end-of-year school party held at a friends house in Albergaria-A-Velha.

It is thought that the youth succumbed to injuries sustained after he fell.

Friends' witness accounts say the youth, identified as Nuno Miguel, hit the back of his neck on the floor after falling, then vomited, before being transported to hospital by ambulance.

Police however are waiting for autopsy results before determining conclusions of what physically happened.

Friends and colleagues say the incident took place at around six in the morning when Nuno Miguel and others were at an 'end-of-school-year' party held at a school colleague's home in the centre of Albergaria-A-Velha.

Nuno Miguel had allegedly left the house "to smoke a cigarette across the road".

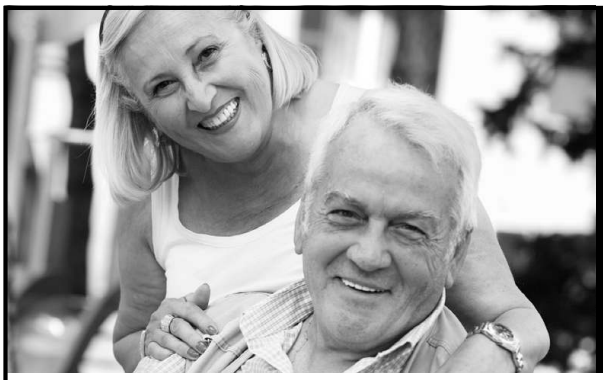
"Nuno Miguel saw a girl he recognised and told his companions had seen her on the beach and that she had a tattoo somewhere", said a friend.

Despite dismissing the information as being a "chat-up line", "Nuno Miguel was not like that", another friend suggested "the girl's boyfriend or whatever he was may not have been too pleased", having jumped out of the car and punched the victim on the chin.

The punch knocked the teen onto the floor, where he then banged the back of his neck, bled, and vomited.

An INEM ambulance was called and the victim was taken to Aveiro's hospital and later transferred to Coimbra, where he died around 36 hours later.

A statement was taken from the 28-year-old suspect.



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National study exposes child obesity

Two years ago school children took part in a march and chanted slogans against childhood obesity in downtown Coimbra on 19 May 2006. (Photo: Lusa / Paulo Novais)

Portugal's first national study into the epidemic of child obesity has revealed that 31 per cent of the 5708 children and teens, aged 10 to 18, included in the survey were in fact obese.

It was organized by dietitian Joana Sousa, as part of a doctorate in public health, for Lisbon's Nova University's National School of Public health.

According to Joana Sousa, before this latest investigation there was no such base-study available in Portugal to characterize the indicators of excessive weight or obesity amongst children and teenagers in Portugal. A national obesity study covering children aged between seven and nine was carried out.

Worldwide, there are an estimated 155 million children of school age suffering from obesity.

One in three women victims of abuse

Even though figures show that over the past 12 years, violence against women has decreased somewhat, official numbers indicate that one in every three Portuguese women has at one point been a victim of physical, sexual or psychological abuse.

On a global scale, including men and women, the results translate as four in ten Portuguese citizens being victims of domestic violence.

This was revealed through a study commissioned by the Government in 2007 to monitor the phenomenon, which was only officially investigated on a national scale for the first time in 1995.

It also allows the Government to evaluate the politics applied in this area.

The results of the 2007 survey, which was based on the answers of 2000 men and women over 18 years of age, were announced this week in Lisbon and showed a fall of around 10 per cent where concerning women.

In 1995, around 48 per cent of women had at one point suffered some form of physical, sexual or psychological violence, whilst last year's figures show that number has diminished to 38 per cent, translating to one in every three.

Sociologist Manual Lisboa, of Lisbon's Universidade Nova (UNL), claims "A significant part of violence against women" still takes place in a family environment and nearly half of those questioned had over the past year suffered some form of domestic violence – physical (slapping, punching, kicking, etc…), sexual (such as forced intercourse) or psychological (including humiliation, screaming, intimidation, and death threats) – at the hands of a family member, partner or ex-partner.

Results show the main causes of violence against women by the perpetrators are due to heavy drinking, misunderstandings, and differences in values. For the first time in Portugal men were also included in the questionnaire and were given the same questions as women.

Natural products possible cure for skin cancer

A group of scientists from Coimbra's University in collaboration with the Centre for Cancer Research in Salamanca (Spain) and the University of Minnesota (USA) have discovered two natural ingredients that are a reportedly a promising treatment for malignant skin cancer with "very surprising" results.

In fact the results are said to be so encouraging that tests are being taken to higher levels and will be tested on live subjects next year.

Any risks entailed by the two substances are drastically reduced as both are already being used in other products available on the market, namely dietary supplements, their toxicity already being tried and tested.

One of the two substances is alkaloid Berberine, a natural herb extract from plants normally found on the American continent, China, and high on the island of Madeira.

It is known for its excellent anti-inflammatory and anti-microbial effects. Berberine molecules were found to stop the growth of malignant melanomas in 24 hours.

Less has been revealed about the second component, only that it is even stronger in treating cancer, and is from the "poppy family".

Recent tests on this second substance have been described as "very surprising", and when applied to treat "very aggressive melanoma", it "eliminated 70 to 80 per cent of the malignant cells in six to eight hours".

After tests on malignant human cell components, scientists want to next year move on to testing the products on lab rats, in oral and gel form and as a vaccine, and, if successful, subsequently on humans.

It is also being tested on breast cancer cells, though more efforts have been injected into melanoma tests.

Tests have been ongoing since 2005, and if successful, should be introduced in 2016, following a mandatory 12-year phased period.

First Portuguese convicted for download piracy

With Internet piracy in Portugal on the up, it come as no surprise that for the first time in the country's history an individual has been sentenced to 90 days prison for illegally downloading music.

Portimão courts passed the landmark sentence, replaceable with fine payments plus compensation, after a complaint from the Portuguese Phonographic Association (AFP), which was confirmed by João Teixeira, member of the association and director-general of EMI-Portugal. The minimum sentence was passed, according to a source, "to set an example".

Paulo Santos, head of the Videogram Editors Federation (Fevip) also confirmed there are more than 100 official complaints still being investigated in court.

According to João Teixeira, despite being "pleased" with the sentence, which he considers a "necessary evil", "there are other ways of stopping illegal downloads, like those written in French law".

"The problem is people know they are illegal, but they also know there are no consequences", at least until this week, he said.

He also said that Internet Service Providers (ISPs) are to blame, as well as authors and other associations, though the ISPs are the biggest beneficiaries from illegal downloading as they encourage users to do so".

The effects and financial losses are undeniable, as João Teixeira pointed out, "the music industry is currently worth 50 per cent less than what is was four years ago".

With regards to videos, Paulo Santos also underlines "a few years ago there were over two thousand video-clubs in Portugal, today there are just seven hundred".

TAP hikes fuel surcharge

To reflect the rise in fuel prices, this week national air carrier TAP upped the prices of their tickets by between €35 and €135 euros.

Fuel surcharges on medium-haul flights rose to €35, where fuel charges on intercontinental flights went from €110 to €125 euros.

It is the fourth time this year that TAP has increased its fuel tax fees, the first having occurred on January 15th, followed by March 18th and May 8th.

Too good to be true

A product which is said to have been custom-designed to suit the needs of Portugal's demanding expatriate community was recently launched that promises to and Portugal's restrictive telecoms market by storm, **The Portugal News** investigates.

The launch last week of a product tailored to save customers money seems set to breathe some lide into a stagnant and somewhat monopolised market.

"This is a deal that sounds too good to be true", says World Telecom General Manager Kurt Pardon. But at a cost €24.99 per month that allows unlimited free national and international calls to fixed lines in 11 countries, including Britain, Germany, Spain, the US, and even American mobile phones, this is the real deal and cash-conscious consumers seem set for some serious savings.

Following the launch last year of OneFone, World Telecom (WT) this month unveiled OneFone Home, which in essence, is a home phone with mobility and part of the newly authorised "nomadic" numbers.

So how mobile is it? According to WT, this phone, besides serving as a residential telephone, can by taken across the length of the country, with its signal covering 90 percent of the population.

While offering users exceptional mobility, they have the added advantage of having bills and queries dealt with by English-speaking operators.

Using a new network built to American mobile phone standards at a cost of €200 million, OneFone claims it can cut home and mobile phone bills by up to an average of 75 percent.

Incoming calls are charged at a fixed line rate, so callers to the number will not be asked to pay the usually high mobile phone rates.

While the phones are primarily designed to use around the home, it can be used almost anywhere in Portugal.

After entering a short code, the phone will log on to the nearest cell.

The phone has built in voice mail, and free SMS messages can be sent to other OneFone Home users.

For further information on this unique product, contact 707 500 600.

Nigerian militants release Portuguese skipper and his 10-man crew

The Portuguese skipper of an oil supply ship, who was abducted last month along with his crew of 10 by Nigerian militants, has been released, family sources and officials have said.

Carlos Soares, 42, was released on Wednesday after spending 42 days in captivity with nine Nigerians and a Ukrainian following the hijacking May 13 of the Chevron-contracted vessel he was captaining.

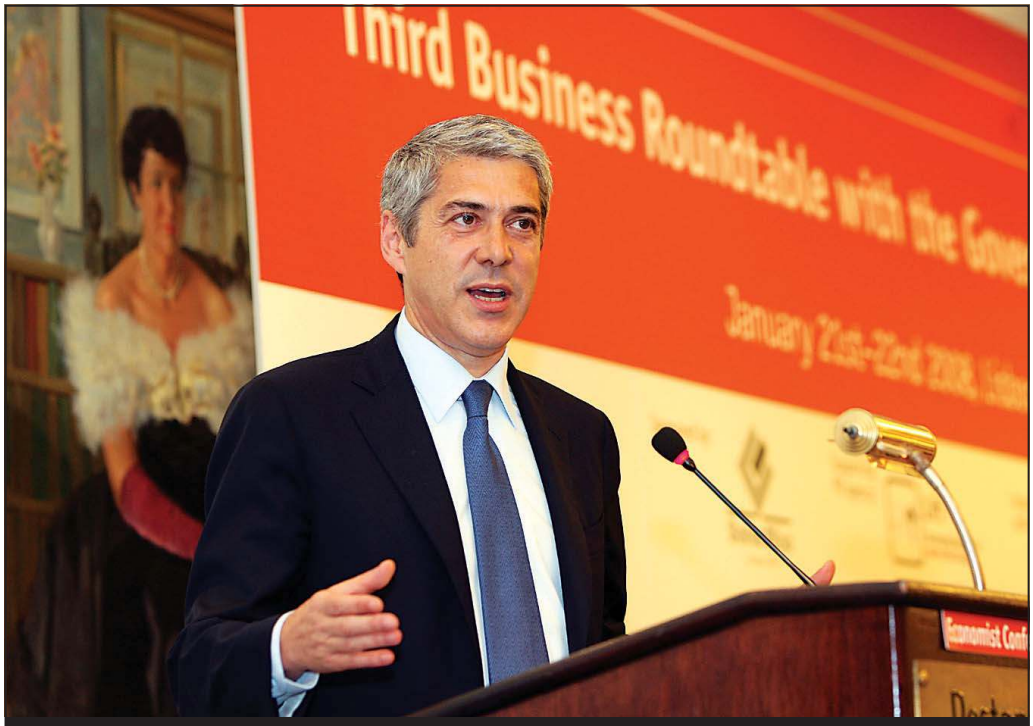
His brother, José Porfíro, told Lusa News Agency, Soares was "in good spirits" after his release, despite having contracted malaria. Porfíro said a date for his brothers' return to Portugal has yet to be fixed.

State Secretary for Communities António Braga told Lusa the freeing of the kidnapped Portuguese seafarer had been "a long process involving major involvement of authorities in Portugal and Nigeria."

Braga declined to give any more details over the negotiations that led to the freedom of Soares and his crew, who were abducted after an attack on the Lourdes Tide as it sailed between Port Harcourt and Escravos in the south of Nigeria.

Nigerian military officials were reported as saying the militant kidnappers had demanded a ransom of around 165,000 euros for the safe return of the hostages. *TPN/Lusa*

PM urges joint EU action to tackle rocketing oil, food costs



Prime Minister José Sócrates giving a speech at one of Lisbon's hotels in January this year. (Photo: Lusa / Inácio Rosa)

Portuguese Prime Minister José Sócrates wants joint action by EU member states to grapple with soaring fuel and food prices, and has also called for more investment in new technologies to reduce the bloc's oil dependency.

Speaking late last week in Brussels before a two-day summit of his fellow EU leaders, Sócrates said it is time for Europe to firmly tell the oil industry that the current situation of hydrocarbon dependency is unacceptable and that the 27-nation bloc will wager on alterative energy sources, such as electric cars.

"Europe needs to show political muscle and a political decision in relation to fuel prices. This is what Europeans and the Europe's economy expect," said Sócrates, underscoring the need for Europe to "combat all signs of speculation over oil prices" and achieve greater autonomy from petroleum.

New technologies must also be rapidly developed in Europe, he added, and in the area of road transport "it's time for Europe to bet on electric cars, ensure a market for electric cars and make sure Europeans can opt for an electric car without any negative consequences."

During the summit over the weekend, EU countries agreed to proceed cautiously in trying to cushion the impact on hard-hit sectors and low-income households.

Amid protests and calls for cuts in fuel taxes, the leaders expressed concern about inhibiting longer-term adjustment and said any national relief measures – tax cuts, social measures or subsidies – should be "short-term and targeted".

In a statement posted by the EC earlier this week, it said the high prices show the need for structural changes in the energy industry to foster energy efficiency and reduce EU's dependency on oil. Responding to concern that speculation is driving up costs, the EU will strive for greater transparency on oil markets and more dialogue with oil-producing countries.

With oil supply struggling to keep pace with rising demand, especially in China and India, global oil prices have doubled in the past year, reaching a new high this week. The rise has unleashed a wave of protests around the EU by some of those most affected – truckers, farmers and fishermen.

Recognising the strain on developing countries, leaders advocated more international coordination on energy policy and assistance for hard-hit countries. The Commission proposed to extend its food aid scheme and to establish a new fund for supporting agriculture in developing countries.

Lisbon moves up safe city rankings

Of 215 cities analysed by the yearly Mercer 'Worldwide Quality of Living Survey', Lisbon has been ranked the 45th safest city in the world, ahead of other European cities like Paris, Madrid, London or Rome.

Regarding quality of life, Lisbon also achieved a similar result, being placed in 44th position, moving up three positions since last year, and nine positions since 2006.

To evaluate the quality of life and lifestyle in a certain city, 39 different criteria are applied, including political, social, economical and environmental aspects, personal health and safety, education, transport, and other public services.

According to the listing, Luxemburg is the safest city in the world, followed by Berne, Geneva, Helsinki and Zurich. On the opposite end of the scale, Bangui, Nairobi, Karachi, Kinshasa and Baghdad were voted the most dangerous cities in the world. Moscow was considered the most unsafe city in Europe.

Mercer's annual 'Worldwide Quality of Living Survey' is in its tenth year and aims to 'help governments and multinational businesses when transferring collaborators to international projects'.

Leading the ranking for 'Best quality of life' is Switzerland's financial capital, Zurich, which also took first place in 2007, followed by Vienna (Austria), Geneva (Switzerland), Vancouver (Canada), Auckland (New Zealand) and German cities Düsseldorf, Munich and Frankfurt.

Ndjamena (Chad), Khartoum (Sudan), Brazzaville (Congo) and Bangui (capital of the Central African Republic) are at the bottom of the lists, finished off by Baghdad, which is classified as the worst place in the world to live.

Classifications are made with New York as the basic comparison, which has index points of 100. Portugal this year achieved an overall classification of 100.3, as did Washington and Chicago (USA), and Isaka (Japan).

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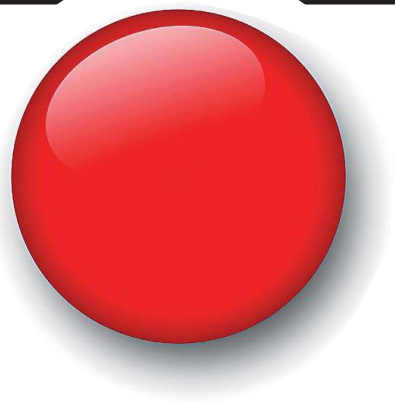

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Paredes de Coura buys emergency vehicles for one euro each

Paredes de Coura's voluntary fire-brigade is to receive four new emergency response vehicles from the French municipality of Cenon, for which they have paid just one euro each.

It was a generous gesture from the French, part of a special protocol celebrated between the two localities, which are 'twinned cities'.

Local Mayor António Pereira Júnior said that the four vehicles – two ambulances and two water-tankers with a capacity for three thousand liters of water each – will be leaving Cenon for Portugal on July 3rd.

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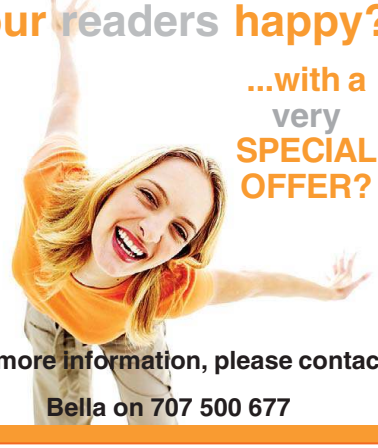

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Capital Gains on Real Estate for Individuals

by Dennis Swing Greene

Property in Portugal has proven to be an excellent investment over the years. However, you will always have to settle first with *Finanças* when selling your piece of Portugal before complying with tax obligations in your home country. This means that in Spring following the sale, you must report your gain in a Portuguese "*IRS*" Personal Income Tax declaration, regardless of where you are resident for tax purposes.

How is the Capital Gain calculated?

Although it is *Finanças*, not you, who does the actual calculation, it may be worthwhile knowing what the damage will be. Let's suppose that you sold your home last year that you had originally purchased in 1994. Calculate your capital gains as follows:

Step 1: From the sales price, subtract any qualifying buying or selling costs (commissions, notary and legal fees, transfer tax, etc.)

Step 2: Based on the year of acquisition, multiply the purchase price by the Inflation Adjustment Coefficient. (*see table*)

Step 3: Add to the purchase price any documented capital improvements to the property in the 5 years previous to sale.

Step 4: The difference between the adjusted purchase and sales prices is your net taxable profit.

Year	Coefficient
1989	2.21
1990	1.97
1991	1.75
1992	1.61
1993	1.49
1994	**1.42**
1995	1.37
1996	1.33
1997	1.31
1998	1.27
1999	1.25
2000	1.22
2001	1.14
2002	1.10
2003	1.07
2004	1.05
2005	1.03
2006	1.00
2007	1.00

Important Note:

If you own your home through an Offshore or another form of *non-resident* company, the full gain is assessable in the year of sale and reported on the company's *"IRC"* declaration.

Resident vs. Non-Resident Individuals

If you are *non-resident* for tax purposes in Portugal, the Capital Gains Tax calculation is quite simple: 25% of the full net profit. If you are *resident* in Portugal, there are two options: 1) one half of the capital gain of the adjusted net profit on the sale of your principal residence acquired after 01 January 1989 is added to overall income for the fiscal year and taxed at marginal rates (Properties purchased prior to 1989 are exempt for Capital Gains Tax). 2) when selling and replacing your **principal residence** of equal or greater value, the gain may be rolled over within twelve months prior and 24 months after the sale. For transactions of lesser value, the gain is calculated on a pro-rata basis.

Questions & Answers

Last year, I sold my home and declared my intention to reinvest the proceeds of the sale. What happens if I only reinvest part of these proceeds?

If the reinvestment is less than the amount of the sale, you may owe additional tax and have to pay interest to *Finanças* on the non-reinvested balance. In the event that you fail to purchase a replacement home, an assessment will be made on the entire non-reinvested balance plus interest.

I plan to move to another EU country. Can I get rollover relief on such an EU reinvestment?

Yes. A new decree law authorising reinvestment throughout the EU has recently been approved. Keep in mind that this is only for Portuguese tax residents moving to another EU country. Fiscal residency also makes you assessable on your worldwide income for the entire tax year. In other words, there are two sides to the coin so any change should be planned carefully.

I sold a property in 2004 and failed to report the transaction. Last week, I received a demand from Finanças, even though I reported the Gain in my home country. What should I do?

Unfortunately, you have few options at this point. Since all purchases and sales are reported by Notaries directly to *Finanças*, they have sufficient information on which to base the assessment. Your failure to declare penalises you in two ways: first, there are fines and late interest penalties for late declaration; second, you loose eligibility for deduction of necessary expenses as well as capital improvements. The tax that you pay in Portugal will serve as a tax credit in your home jurisdiction.

Conclusion

By leaving things to the last minute, you paint yourself into a corner. On the other hand, appropriate *tax planning* can open up a number of tax mitigation solutions. If you start preparing for eventual Capital Gains when you first purchase, you should be able to avoid the worst of the pain.

Dennis Swing Greene is an International Fiscal Consultant and Senior Partner at EuroFinesco S.A.. with offices in the Algarve and in Lisbon. Appointments may be scheduled in Guia (Albufeira) at 289 561333 or in Lisbon (Chiado) at 21 3424210 or by e-mail at info@eurofinesco.com or on the internet at **www.eurofinesco.com**.

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Train tickets to go up in July

CP – Comboios de Portugal – Portugal's national railway announced this week that as of July 1st the price of urban train journeys would increase.

CP is urging travelers to consult price lists posted in their local stations despite the new ticket prices already being available on their website since last Thursday.

An imminent price change was instigated by a law change in March 2008.

However, any increase in public transport prices requires the approval from the Institute of Mobility and is usually announced in national newspapers prior to its introduction.

Five priorities for consumer policy in a digital age

EU Consumer Commissioner Meglena Kuneva, in a speech earlier this week in London set out five priority areas for action for consumer policy in the digital age.

The priorities set out include: a single, simple set of consumer contract laws, the need to reconsider restrictions imposed by suppliers on distribution over the internet, a critical assessment of the use of business models based on geographical discrimination online, clamping down on the "next generation" of unfair commercial practices that are emerging online; and addressing critical privacy issues, in particular the conditions under which consumers give informed consent for the use of their personal data.

The overall aim is to open up the Internal Market through e-commerce to deliver the full benefits to consumers.

Commissioner Kuneva said, "The Retail Single Market for consumers will happen online. The Internet presents an enormous opportunity for consumers. It expands the size of the market they operate in it gives them access to more providers and more choice. It makes it possible to compare products suppliers and prices on an unprecedented scale. We must see to it that the adoption of the internet platform will not be unnecessarily slowed down by our failure to remove important regulatory barriers, to keep the market clean from rapidly evolving scams and misleading practices and to address key consumer issues of privacy and trust."

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French, Brits biggest fans of Portuguese ATMs

One of the thousands of 'Multibanco' machines which can be found throughout Portugal. (Photo: Lusa / António Cotrim)

Despite the fact that visitors from Spain represented the highest number of foreign tourists in Portugal during the course of 2007, it was British and French nationals who most frequently used automatic teller machines (Multibanco) card payment terminals available here during their visits.

According to figures published earlier this week, French, followed by Britons and Spaniards were the top users of automatic payment and withdrawal systems in Portugal.

However, the Irish spend the most when paying with their credit cards (147 euros, on average), while Germans withdraw the highest average amount from ATMs (167 euros).

Portuguese usually make card payments to the value of 42 euros and withdraw around 60 euros when withdrawing cash.

EU pessimism grows

A recent EU survey has shown that inflation and unemployment are now the major concerns for European citizens. Levels of trust in the EU Institutions remains stable, as does support for membership of the EU.

Margot Wallström, Vice-President of the European Commission, responsible for Institutional Relations and Communication Strategy, said: "These results reflect the current economic difficulties and show the need for the EU to continue with its policy agenda aimed at improving the quality of people's daily lives. Nonetheless, I am reassured that the level of trust in the EU remains high."

The Spring 2008 Standard Eurobarometer survey shows an important shift downwards in the confidence Europeans place in their national economy in comparison with Autumn 2007. Overall, 46 percent (+20) of EU citizens believe that the situation of their national economy will be worse in the next twelve months, only 16 percent (-8) that it will be better and 33 percent (-11) the same.

Portuguese are EU's top diners

A study released this week by the European Union shows that while citizens in the newly accepted member state Romania spend 0.5 percent of their monthly income at cafés and restaurants, Portuguese are by far the EU's top spenders, forking out almost ten percent of their salaries to eat out.

While Portuguese consumers are feeling the pinch of current economic difficulties, they remain faithful to their local cafés and continue dishing out their dwindling cash at restaurants, the EU said this week.

In the survey, which includes nine specific area, Portuguese consumers only topped the EU average in three areas, health, education and restaurants, where Portugal was double the usual expenditure.

Overall, a third of household expenditure in the EU in 2005 went on housing, including utilities & furniture (33.1%), and almost a fifth on food, beverages & tobacco (19.4%). The other half of the expenditure was mainly dedicated to transport (11.9%), recreation & culture (8.4%), clothing & footwear (5.7%), restaurants & hotels (5.3%), health (3.4%), communications (3.3%) and education (1.0%).

These figures published by Eurostat, the Statistical Office of the European Communities are based on data from the 2005 Household Budget Survey (HBS). Households with lowest income spend 60% of their expenditure on food and housing, compared with 45% for households with highest income, the study said.

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EIB lends €150m to Caixa Geral de Depósitos for SME support

After excellent and successful cooperation over the years, the European Investment Bank (EIB) and Caixa Geral de Depósitos, S.A (CGD), headquartered in Lisbon, are joining forces again to further support small and medium-sized enterprises (SMEs) and their investments in Portugal.

The EIB is making a 150 million euros line of credit available, and CGD will act as an intermediary between the EIB and the final customers, expected to be located mostly in convergence areas, thus also contributing to regional development and economic and social cohesion.

Some of the projects may contribute to promoting the Lisbon Agenda objectives, energy savings or renewable energies, or the protection of the environment.

As the largest bank in Portugal, CGD, has broad experience with the Portuguese SME sector and a strong and diversified client base of SMEs. The EIB's contribution results from positive effects for the SMEs in terms of both the availability of longer-term maturities and improved final interest rates to the benefiting SMEs.

Lines of credit combine the advantages of the EIB's first-rate access to world capital markets, where it raises most of the funds for its lending activity, with the local network and know-how of domestic partner banks. EIB Vice-President, Dr. Carlos Costa, commented at the signature ceremony: "SMEs are by nature a local business: SMEs need direct access to financial partners and a close relationship with them, like CGD, which benefits from high-quality local and sector information and is able to monitor changing demands promptly and carry out appraisals of proposed projects".

There are some 23 million SMEs in the European Union (EU), accounting for over 99% of all enterprises and contributing up to 80% of employment in some industrial sectors, such as textiles, construction or furniture. The EIB Group's SME activity benefited more than 162,000 SMEs in 2007 (of which 376 in Portugal), with a specific focus on innovative SMEs with high growth potential, small renewable energy schemes promoted by SMEs, and micro-enterprises.

EIB support was provided through lines of credit totalling some five billion euros (of which 250 million euros in Portugal), granted to its intermediaries throughout the European Union.

Pestana opens another high-end hotel in São Tomé

Portuguese tourism operator Pestana has opened a five-star hotel in the capital of São Tomé and Principe in an investment worth around 16 million euros, company sources were reported by the Lusa News Agency as saying. The 115-room Pestana São Tomé was inaugurated at the weekend. The Portuguese firm is the islands' biggest overseas tourism investor and already operates the four-star Hotel Miramar in São Tomé city.

Pipe-line "possible" for Portela airport

Minister Mário Lino has this week admitted the Portuguese government is considering the option of constructing a 'pipe-line' to directly supply Lisbon's Portela airport with fuel, freeing it of being dependent on road and goods transporters.

"The construction of a gas-duct is one of the possibilities" being studied by the government, he said at the end of a parliamentary meeting this week.

According to Minister Lino, "contact has already been made with the Ministry of Economy so measures can be found to still justify [at Portela airport] further construction, despite a project being in place to change the location of Lisbon's International Airport".

Referring to the recent strike carried out by truckers and, subsequently, petrol suppliers, he said "the airport must be better prepared when faced with a situation like that which happened on 9th, 10th and 11th of this month".

TAP plane landing at Portela airport. (Photo: Manuel Moura / Lusa)

Kilos of heroine seized in city

Lisbon PSP police this week seized ten kilos of heroin and detained four individuals on suspicion of drug smuggling, from the areas of Mem-Martins, Agualva-Cacém, Rio de Mouro and Buraca.

It was the culmination of a year-and-a-half-long investigation and was "the largest PSP heroin bust of 2008", said Police Comissioner Paula Monteiro, who added "it is surprising for both the quantity and high level of purity it was found in".

"The type of packaging it was found in shows it was received pure, not yet having been cut or mixed with other substances", she explained.

Ten kilos of heroin corresponds to around 100,000 individual doses, but as it is never sold pure, it would probably cater for around 600,000 doses when mixed.

Along with the heroin, 200 grams of cocaine, four cars, five firearms, 187 items of gold and five thousand euros in cash were also seized.

According to the PSP, the detainees – three men and a woman, aged between 40 and 50 years of age – were "the brains behind a smuggling network".

All had previous criminal records, with the exception of the woman, for smuggling, fixing cars and trading fake coins.

Lisbon airport could become Portuguese 'Central Park'

Portuguese architects have proposed that, once vacated, the land on which the current Portela airport is situated should be transformed into Portugal's equivalent of New York's Central Park.

It was an idea proposed by the National Architects' Board, ias part of their 2007 Triennial.

Of various ideas put forward, regarding what to do with the airport's land once it has closed and relocated to Alcochete, it was the one that most closely reflected what Councillor for Urban Areas Manuel Salgado had envisaged: a 'green lung' with a centre for business and technology.

Architect Nuno Portas explained that the general idea was to give the land "back to nature", by planting trees and other flora that require little water and maintenance.

It was also suggested the runways be left as they are, to accommodate a variety of activities that cannot be held in the city centre, as well as building low-rise structures on them. However, as yet, no detailed projects have been put forward.

PSP seize weapons at Lisbon home

After carrying out a house search at a residence in Caneças, Lisbon PSP officers seized various shot guns, a non-registered pistol, other weapons and a large amount of ammunition.

Police also arrested the alleged owner of the guns, a 55-year-old man who was identified and heard in court, and later released without charges.

Two rifles, a shotgun and an air rifle were seized, along with a smaller gun, over three hundred cartridges and dozens of different munitions, of various calibers.

Police intervention following suspicions of domestic violence led to the house search, though the suspect does not have a criminal record.

Lidl lock-in

Around one hundred customers were locked inside the Alvaláxia Lidl store in Lisbon this week, when a group of youths were believed to have been thieving.

Located in the Alvaláxia shopping centre, within Sporting football club's stadium, the doors were closed to prevent the group of 12 youngsters from leaving.

Shoppers were held inside for almost half an hour as the group was searched, though no stolen items were found, nor were any arrests made.

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Greenpeace activists invade supermarket

Group of Portuguese Greenpeace activists barged into Amoreiras Supermarket last week to distribute a 'red list' to consumers and vendors of the fish that are in extinction and that ecologists say shouldn't be sold or bought. (Photo: Mário Cruz / Lusa)

A Group of Portuguese Greenpeace activists barged into Amoreiras Supermarket, Lisbon, last week to distribute a 'red list' to consumers and vendors of the fish that are in extinction and that ecologists say shouldn't be sold or bought.

As is the norm with Greenpeace, the action was prepared in secret and the meeting point with journalists was only given an hour before the action took place.

"The choice of the supermarket was at random, we only took into consideration it was one of the places that sells almost all of the species which are on the list" said Greenpeace Portugal spokesman Evandro Oliveira.

The fifteen species on the 'red list' are some of the Portuguese's favourites: codfish, tuna, shrimp, swordfish, European sole, white swordfish, whiting, rays, Atlantic salmon, American flounder, frog-fish and shark.

The Atlantic cod is part of the 'red list' because of overfishing and deep fishing nets that have a great impact on the floor of the ocean; the shrimp because out of one kilo of shrimp caught, ten kilos of other species are thrown back into sea dying or dead, some of which are turtles in extinction.

The most heard answer from vendors is the same as consumers': the only criteria for buying fish are the taste and the price.

The group of ten activists, joined by photographers and journalists, were quickly identified by supermarket security that were going to stop the whole ordeal until Auchan manager, Carlos Fluza, gave authorization to the activists and seemed very interested in their campaign.

Beatriz Carvalho, one of the activists, pointed out that "Supermarkets have the power of managing the demand for sustainable fish and changing what consumers can choose. Only in this way can we guarantee to have fish for the next generations and keep the oceans from being destroyed".

sudoku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

8				4	7	2		6
	3		9		2	1		
		2					6	5
		3	8		9	4		
1	5					3		
		4	5		1		7	
3		8	6	9				2

Last weeks solution:

5	3	2	4	7	8	6	9	1
6	8	7	3	9	1	4	2	5
1	4	9	5	2	6	8	3	7
2	6	3	9	8	5	7	1	4
7	9	1	6	4	3	2	5	8
4	5	8	2	1	7	9	6	3
3	1	4	8	6	9	5	7	2
9	2	5	7	3	4	1	8	6
8	7	6	1	5	2	3	4	9

For **tips** on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

This week's crossword is on page. 65

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Westheimer

Here and There

A noticeable pall fell over Cascais, and surely over the rest of Portugal, after the national team lost their quarter final match to Germany. When I watched on TV, I was reminded of *Gulliver's Travelers* with the Lilliputians outsized by the Brobdingnags, and here were the smaller Portuguese up against the huge, charging Germans. (Who am I to talk at less than 5 feet myself!) But everyone in our living room, even my German friend Jutta, agreed that the Portuguese played well, maybe as well as they could have. My next thought: doesn't a country have to be about more than their sports team and heroes? I'm sure Cristiano Ronaldo is a fine young man, but what can he do for his country to lift it out of its economic doldrums? Talk focuses on his enormous salary and the same about Luiz Scolari's enticing salary offered by Chelsea. All well for these two multimillionaires but what about the rest of the country, especially those with strained monthly incomes, increasing unemployment and substandard education.? Shouldn't our attention be on improving the Portuguese economy and not just on fattening the bank accounts of sports "heroes"?

When we woke up on a sunny Monday a week ago Don, all excited, called me into our living room. "Look, he said, " Look at all the dogs in the park!" Then I noticed that each dog had a small white and green box beside him. That's when I decided to take my dogs for a walk and meet the new dogs head on. When we approached the park, Ben started to bark and Bonnie, the shy one, pulled away. Finally I got the message: the cardboard dogs and wrapped boxes beside them were part of the Camara's very clever, rhyming initiative urging people to pick up after their pets. The sign beside the dog read: " Não deixe no chão os presentes do seu cão." (Loosely translated : "Don't leave on the ground, the "presents" /droppings of your dog.") On our walk toward the bigger garden that morning, Ben and Bonnie spotted numerous other cardboard dogs sporting the same message. And that afternoon, when the mail came, we received a box and plastic bag for picking up the "presents". Congratulations Mayor Capucho. Here is a campaign with seemingly no economic or political motive. Rather it's aimed at a cleaner environment, responsible pet owner habits and an overall upgrading of Cascais' image. Has it made a difference? I'd say "yes"! Most people (mainly females I observe) now carry plastic bags when they walk their dogs. However, I saw one male in the park yesterday with his huge German shepherd leaving a big "present" on the ground. I waved my plastic sack at the man who scowled back at me and yelled " Nunca." The Portuguese claim it's good luck to step into dog "poop". If so, Don will have his best day ever: this morning he tracked in dog droppings on both shoes. Still, the sidewalks do seem cleaner even if people have stolen the all cardboard dogs and their "presents."

I'm about to put my "loser" campaign buttons up for auction on eBay. As I was cleaning the clutter my other day (said to be therapeutic) , I found campaign buttons for Kerry (Who's he?); Gore (Didn't he win after all?), and Hillary (Yes, I was among the women who supported her until the end). Now I've written to some US friends to send me Obama buttons. (No, I'm not so hitched to Hillary that I can't shift to Obama.) In fact the only buttons in my collection that still have relevance are the heretical anti-Bush ones. They rank high with my "National Nightmare" key chain which counts the days, minutes, and seconds until Bush leaves office. It's set with a chip to the date of January 20, 2009 , US inauguration day. (www.nationalnightmare.com).All I can hope for is that the Obama ones won't become relics as well. It would feel great to be on the winning side and part of a country valued and internationally respected once again. "Go O!" (My slogan. Probably not to be seen on any button!)

The Pine Tree Project is in its infant stages. We have made three matches so far: volunteers calling people who live alone to make sure they are ok. In fact, we have received numerous volunteers' requests from people willing to make the calls. What we need now are more people who wish to receive the call. Are pride, or shame, holding people back? I hope not and sincerely urge any one who lives alone or someone who wants a daily, non-intrusive call (or email if that's what is decided by the "buddies") to check that all is fine, to email us: pinetree008@gmail.com

Milchen de Vasconcelos has enthusiastically and capably joined the Pine Tree team as the co-coordinator. Thank you, Milchen! Remember, a timely telephone call might have been able to save Bob Pine's life, and maybe yours as well. Again, for more information or to sign up for the voluntary program: pinetree008@gmail.com

I'm off to Paris for the 20th annual Paris Writer's Workshop (www.Pariswriterworkshop.org). I'm hoping to fare better than I have in the past two years when my professors slammed my stories. (I tried to write fiction, decidedly not my genre but fun to try anyway.) At least I fared better than my friend Mary Ellen. After she read her piece the instructor said, " Mary Ellen, what kind of work do you do?" "Teacher," she answered, " Don't give up your day job," the haughty teacher barked at her. I often wonder why I punish myself by going to these workshops. On the other hand, the camaraderie is great and Paris is, for me, the most culturally rich and beautiful city in the world. And, like Mary Ellen, I have no intention of giving up my day job.

Have a great summer, wherever your travels may take you.

patwestheimer@gmail.com

Patricia's next column: August 1, 2008

Precious Lives Appeal success

Around one year ago friends Matt and Mike were having an argument with friends saying they could cycle all the way to Portugal. Having not reached an agreement, they set out to prove their friends wrong and in the meantime raise money for charity.

For them to be able to finish the journey careful planning was required, so last September Mike and Matt came down to Portugal and decided which route they would take and also the charity to which they would donate the money raised.

After some hard thinking they decided to donate the money to Precious Lives Appeal, a hospice for children with terminal illnesses which allows them to enjoy their final days in a happy environment, making the most of their short and precious lives.

After training hard for six months, mainly by riding bicycles 4/5 days a week in four to five hour sessions and maintaining a healthy diet, they started their long arduous journey which would take them through four countries. The training programme was a bit different for Mike as he broke his wrist four weeks before the big day. Unaffected by his hindrance, he continued training on an indoor bicycle, about which he said "It gets very boring cycling and staying in the same place for up to five hours", nevertheless it was compulsory or else he could never travel the distance. To cover fuel costs for the accompanying van a small fundraising event was held before they took off.

So, on 4th June Mike and Matt got on their bikes whilst Rob and Sam started the engine of the van and headed off en route to Portugal.

Throughout the journey the van, filled up with supplies, two spare bikes and tents, would always head off in front of them and find a place for the boys to rest for the night and get their meals ready, which were not few, they ate 5/6 meals a day to keep their energy levels high!

To keep costs to a minimum they always looked for campsites to stay overnight but during the whole journey they were forced to stay at four hotels, as they could not find campsites nearby.

Nineteen days and 1,250 miles later they arrived to Portugal where a welcoming party of 70 were expecting them at the Bahia beach bar in Meia-Praia, Matt and Mike, in an exclusive interview with The Portugal News, said "It was overwhelming to see so many people at the party and to be welcomed with such enthusiasm". The party was a success and was able to raise around €1,500, adding to the £8000 gathered beforehand, for the boys' hardest journey of their lives "Although it was a small team of four that travelled the distance, we would like to thank everybody else that was involved in some way to make this journey possible" they both said with great altruism.

On June 4th Mike and Matt got on their bikes whilst Rob and Sam started the engine of the van and headed off en route to Portugal, raising money for chairty.

Faro camping park possible home for dislodged fishermen

Faro Island's camping park could become a habitation area for the city's fishermen whose homes are about to be demolished under the 'Ria Formosa Polis', said Faro Mayor José Apolinário this week.

In 2003 the island's camping park, the only one in the city of Faro, was closed to the public after discharges from the sewerage network were found in the area. Since, only a handful of motor homes have used the park.

In April 2007, Faro City Hall environmental councilor João Marques said the park would reopen to the public before 2009, though this would be conditioned by the city hall's restricted finances as well as the lack of a required security plan for the park.

This week another possibility for the park was voiced as the Mayor suggested it could be transformed into a mixture of camping facilities and residential facilities for the fishermen.

Under the 'Polis Ria Formosa' project, most of the fishermen's homes, particularly those that are facing the Atlantic Ocean, are to be demolished to re-naturalize the area and protect the sand dune belt.

Alternative housing will be needed and for the Island's resident fishing population, the camping grounds are an adequate possibility. Wooden houses may also be on the cards, which is said to please the fishermen.

Announced this year by Prime Minister José Sócrates, the Ria Formosa Polis Project, which aims to upgrade and increase the value of the Ria Formosa natural area, represents an investment of over 87 million euros, and includes Faro, Olhão, Loulé and Tavira.

Faro Island camping park measures 20,000 square metres, is located within a rural classified area and can be divided into 160 individual tent plots, accommodating 1,200 people. At present, 70 plots are occupied by regular camper van visitors.

Tourist falls off cliff edge in Lagos

A 24 year old Englishman fell off a four metre high cliff between Porto de Mós and Lagos last week.

The man got stuck in a hole after falling and was saved soon after by a beach restaurant owner in Praia da Luz, with the help of a firefighter. He did not suffer any serious injuries, only a few cuts and grazes.

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Vale Verde's got talent

Vale Verde International School staged performances of 'Joseph and the Amazing Technicolor Dreamcoat' on June 19th and 20th at the Vale Verde school in the theatre of their newly built Arts centre.

Amy Wolstenholme, Lily Shelton, Jessica Rawlins, Emily Price, Ellie Drummey. Front row: Jessica Mota and Kane Luttrell.

The musical items were augmented by an original script, in which an English family, whilst packing to emigrate to Portugal, notice the family Bible and become intrigued by the story of Joseph. The characters from olden times come to life, following which the story is recalled in drama, music and dance. The final discovery is that Joseph's family lived in Luz, Canaan whilst the modern family are going to live in Luz, Algarve!

The production was performed by a cast of nearly sixty students ranging from eight to fifteen years of age. In addition to powerful chorus numbers, there were highly effective dance sequences, including the portrayal of a storm of locusts. The solo singing was also very strong with the lead part being played by 13 year old Joseph Gurnett, whose clear treble voice and fine acting enchanted the audiences.

Contributions from amongst several soloists were Maria Gardner, Jessica Rawlins, Anthony Marano and India Harris – all of whom would have qualified for "Britain's Got Talent".

The authentic costumes were the creation of Mrs Annie Daenens, the Art teacher. To add to the occasion, she mounted an Art Exhibition of the students' work and other items from the Art Club in the theatre foyer.

Under the expert direction of Mr Roger Foreman, combined with weeks of practise, the performances were outstanding and an occasion to remember for a long time.

Algarve Briefs

Thief caught in Lagoa

A 47 year old man was arrested by Lagoa GNR after being caught stealing in a supermarket. The Eastern European immigrant was caught by surveillance cameras hiding products, mostly food, in a bag and under his clothes.

Banif to open three new agencies in the Algarve

Banif is going to reinforce its presence in the Algarve by opening three new branches by the end of this year, adding up to 19 in this region. Marques Santos, president of the Executive Commission of Banif, announced the opening of branches in Alvor, Vila Real de Santo António and Albufeira. The Madeira bank already has 450 branches in the whole of Portugal.

Woman hit by train

A woman died last Wednesday after being run over by a train between Tunes and Albufeira. The accident occurred at around 17h35, in Canais place. A medical emergency vehicle and a fire fighter truck were at the location shortly after.

Chaine des Rotisseurs luncheon

Last Saturday was a perfect Algarve summers day. In fact a perfect day for the luncheon that the Chaine des Rotisseurs had arranged in the cool fresh air on the terrace of two Michelin star rated Vila Joya overlooking tranquil Praia da Galé. Some forty members of the Chaine together with their guests took the opportunity to sample the delights of superb cuisine, excellent wines and outstanding service in one of the most enchanting locations that Portugal has to offer.

Gleaming white starched table cloths and napkins, tantalising rows of fragile long stemmed glasses, pristine white china, a twinkling array of cutlery and a World class view which really does live up to the house motto, "Welcome to paradise". Vila Joya is costly and unashamedly de Luxe, the sort of place to save for very special occasions which is precisely why it was chosen by the Chaine for their gastronomic summer lunch.

To run through the list of the five different wines, the six delicious courses, as well as the five exquisitely elegant little pre-starters, would be boring but it must be mentioned that the wines (supplied by Wine Mine) were generously donated by Sr. Joao Oliveira of Quinta da Atela. Well worth looking out for were the Casa Atela Sauvignon Blanc 2006 and the Portal Moscatel Reserva 1996. On the food side, Sole with Artichokes and Spinach Salad and the later, Lime Tart Soufflé with Sorbet of Chocolate both deserve a special mention.

Members of the Chaine des Rotisseurs at Vila Joya.

Members of the Chaine des Rotisseurs are not dazzled by Michelin stars nor do they always choose to eat in the most expensive restaurants. In July, members will link up once again for a more rustic beach lunch. Atmosphere, ambiance, good food and good wine will be served with charm and professionalism and good value within whatever price range. These factors all count towards excellence. Discovering new places and new flavors, savoring old ones too in the company of likeminded friends are all good reasons to take a pride in being a part of the Chaine des Rotisseurs.

For more information contact Dr Jean Ferran on 282 912 822 or ferran@monchique.com

Barry Shaw

Festival Med kicks off in Loulé

From Thursday and for the whole of this weekend, until Sunday 29th June, Loulé will be taken back in time for its annual Mediterranean Festival – Festival Med 2008 – where the streets come alive with food, drink, music, entertainment, and artists of all genres, from all over the world.

It is a harmonious merging of cultures and traditions, centered on experiences from the Mediterranean and beyond.

'World music' will be provided by more than 40 artists, from countries as varied as Spain, Italy, Morocco, Belgium, Holland, Jamaica, USA, Israel, Mexico and Mali.

The entire city is amazingly transformed into a type of open-air theatre, a whole new world spiced with vibrant, hot colors and exotic smells.

Two of the main performers, Congolese group Konono nº.1, who were expected to take to the stage on the 29th, and Master Musicians of Jajouka, who were to perform on the 28th, both had to cancel their participation in the mega festival due to consular issues.

Lack of authorization to enter Portugal (the EU) lead to their acts being pulled at the last minute. Replacing Konono nº1. is Spanish female artist Concha Buika.

This is the fifth consecutive year that the festival is organized, held in the historic heart of Loulé, and to which thousands of people are draw every night of the five day event.

Tickets cost €10 per day, or €30 for a five day pass.

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Portimão's summer musical shows

For the fifth year running, between June and September, Portimão will have six great shows of international reputation, part of Portimão's Summer Programming.

Renowned companies with outstanding dancers, singers and instrumentalists will perform throughout the Summer from the 27th of June in Portimão Council.

The next show to watch is on 5th July in Pavilhão Arade (Algarve Arade Congress Centre), with 'Cármen Flamenca', performed by Flamenco Ballet of Maria Carrasco (Madrid).

The Auditorium makes place for 'Cuba – The Musical' by Cuba's Musical Theatre on 25th July. Russian Ballet Assya Kya, from Komi Republic, follow up on August 2nd in the same location and on 22nd of the same month, the public can watch 'Are you ready?' by Bulgaria's Art of Dancing National Company.

The Summer programme ends on 19th September with Portimão Arena being the stage for 'Fire of Anatolia – The Sultans of Dance'.

All shows start at 22h00 and tickets cost €12.50 except for 'Cármen Flamenca' which will cost €15.00. Discounts are available. For information call 282 418 547.

'Are you ready' which will be staged in Portimão on 22nd August

Associations against construction on Alvor Ria

A lookout group for the Alvor Ria nature reserve, which is made up of six different environmental associations, has initiated legal action through Loulé's Fiscal and Administrative Courts against the building of a tourist resort on the 205-hectare Quinta da Rocha reserve which over the past three years has been gradually destroyed.

Five of the six associations making up the group – A Rocha, Almargem, GEOTA, the Nature Protection League and the Portuguese Society for Bird Studies – justified the action as being a step "to stop predatory and relentless advancing of construction that still challenges all ordaining legislations".

Once farm land belonging to Aprígio Santos (head of the 1º de Maio Naval Club), Quinta da Rocha was home to more than a dozen ruins.

Then association has demanded that the reconstruction and reforestation of the land be made to how it was three years ago. Since 2005 the new proprietors have been gradually removing land, invoking needs to proceed to agricultural work.

According to the accusing party, they carried out a "selective removal of bio-indicators of protected habitats".

The Algarve Committee for Regional Coordination and Development has more than once attempted to impose legal action, but never managed to stop the works.

Three years ago, Quinta da Rocha was estimated to be worth 1.5 million euros, though the prospect of being developed and urbanized saw its value soar to 15 million euros.

Husky kills elderly woman in Guia

The death of a 75-year-old woman after being attacked by a husky dog, a breed not known for being aggressive, has surprised and shocked the general public.

The attack took place in Guia when the elderly woman was snail-hunting and fell into a stream, near where the dog was being kept chained up.

She was found with bites all over her body and despite being transported to Faro Hospital still alive, later succumbed to her injuries.

According to Maria Manuela Gaspar, President of the Portuguese Nordic Dog Club, amateur breeder and specialist in Huskies, was equally as surprised at the news, and responded "These are not violent dogs. The animal was kept chained up, only that can explain the attack".

She said "there is a series of factors that can contribute to what happened, but in the circumstances of being kept on a chain, that could alter the dog's personality, making it revolt".

Maria Manuela Gaspar describes pure-bred huskies as being docile, friendly and independent, they like to run and work. They are not meant to guard or show aggressiveness".

According to the breeder it is an unprecedented occurrence.

Jorge Mira, vice-president of the Veterinary Doctors Board said, "Any animal that is not properly domesticated can attack someone".

The animal's owner, José Eduardo Cabanita, a fruit merchant, guaranteed the dog "was never aggressive".

"I called for help as soon as I realized what was happening", he explained.

The dog was not registered nor did it have a license or vaccinations.

Relatives of the elderly woman are enraged by what happened and have promised to "do everything possible" to find out exactly what happened.

Her five children are said to be "shocked" by how their mother died.

"We have nothing against the dog's owner, but the animal's behavior, by fatally biting a human being, implies that the owner must be held responsible", said one of her daughters.

Toddler tragedies at Algarve pools

Two babies tragically died this week after separate swimming pool accidents.

The incidents took place in Lagos and Silves, in similar circumstances, one at a family barbeque, the other after the two-year-old toddler crept out of a window unnoticed.

Moments of distraction were all that it took for the infants to fall into the pools on Saturday afternoon.

Both children and their families are Portuguese, and these are the third and fourth cases of drownings in the Algarve this year.

It is thought that the child in Silves had jumped out of a window to go and find dogs that lived near the Silves dam, as he had done before. Despite being transported to Portimão's Barlavento hospital, the child drowned in the family pool after falling into it undetected.

In Lagos, in a home near Portelas, the child, who was two-year and ten months old, surname Candeias, had been playing around the pool with his six-year-old sister during a family barbeque.

Reportedly they were both wearing life vests, and were being watched by family members, had previously being playing in the pool before coming out to eat lunch.

According to a witness, "in a fraction of a second" the toddler unexplainably disappeared and is believed to have gone back into the water, where he remained "for a few minutes" before being spotted by his father, lifeless, in the bottom of the pool.

He was immediately taken by ambulance to the Barlavento Hospital in Portimão, before being transported to Faro Hospital where he later died.

Neighbours described the family as "very careful with their children and have an excellent relationship with their neighbours and everybody".

"The pool isn't even that deep", it was said.

Over 400 expected at Photography Race

People from all over the country and even Spain have joined Portimão's 8th Photography Race, to take place this Saturday from 8h00 till 20h00.

Lots of students and teachers are part of the 400 strong inscribed for the 12 hour race throughout Portimão Council that will allow people to discover in new ways what Portimão has to offer culturally and physically. Contestants will be given surprise themes handed out by the Portimão Museum team.

For the first time, digital photography is allowed and there will also be a subaquatic category.

The winning photos of the 8th Photography Race will be exhibited in a collective exposition at the temporary exhibition room in Portimão's Museum.

Briton attempts to rape tourist

An attempted rape on a foreign woman in Albufeira was foiled after GNR officers, who at the time were carrying out a mega operation checking bars and cars around the city, heard the victim scream and rushed to the scene.

Reports state the victim as walking along near the main Olhos D'Agua bar strip, when she was approached by a man, armed with a knife.

Identified as a British citizen, the suspect used the knife to threaten the victim and force her to have sexual relations with him.

Hearing her screams a number of officers rushed to her aid. Despite attempting to flee, the suspect was caught and detained, still in possession of the knife.

Having occurred between 20h00 Friday and 04h00 Saturday morning, the GNR's mega intervention resulted in the detention of 13 people; 10 for driving whilst over the legal alcohol consumption limit, one for disobeying an officer, and two foreigners who were in Portugal illegally.

Around 100 officers were involved in the intervention, in which 53 establishments were checked. Two are to be issued with law suits, and 27 with fines or warnings. Four more foreign individuals were instructed to report to SEF border and immigration control officials, a further six being instructed to leave the country.

Road-wise, 437 drivers were inspected, 121 of which were issued with fines or warnings for a number of offences.

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Be very afraid

SIR, Five years ago my husband and I purchased a property in São Brás de Alportel, Algarve, knowing a new road was going to split the land, this did not put us off as we were still left with as we thought 1,777sq m.which is ample.

We appointed a recommended Lawyer (name withheld) and gave her power of Attorney. The vendors Roger Mason and Robert Wong and their lawyer (name withheld) and our lawyer all went to the Notary and all signed for the sale, all house and garden measurements were read by Notary.

Two years later we had a call from our Lawyer asking US where we got our land from! It unfolds we own our house BUT NO LAND!

Vendors and lawyers all deny responsibility! The Notary and our Lawyer advised us to ask the Vendors to sign the land deeds to us as a gift but they have refused under instructions from their Lawyer. My Husband had a meeting with the President of São Brás only to be told he could not help

We wanted to downsize and sell our property but **cannot** as all paper work suggests we own the house but no land. We feel let down and cheated by everyone and both of us are ill with worry.

We also believe we've been sold an incomplete property due to the incompetence of Lawyers & the Vendors.

Maybe some of your readers or lawyers reading this letter could offer us a solution or advise on how to move forward. If a more in-depth view of the situation from anyone is required do not hesitate in contacting us*.

It is a shame you do not print pictures aside the letters as if readers saw our property they would be aghast as it is so beautiful.

YVETTE & JOHN CROOK, By e-mail

**The full name and address of this correspondent can be obtained by e-mailing: copy@the-news.net. Ed.*

Reply to Mr Ross (1)

SIR, In the 21 June edition, frequent writer James Ross decided to teach readers a lesson and "dumb things way down" so we'll be better able to understand his nutty point of view.

Mr Ross, who decided that the primary purpose of sex is the propagation of the species? There are millions of people who have sex for the comfort and joy it affords one and give no thought whatsoever to making babies. And how dumb does one have to be to think that homosexuality "makes Hepatitis, Herpes, AIDS, Syphilis, etc."?

"Real marriage", according to Mr Ross, is a union specifically intended for producing babies. He forgets that marriage itself is an invention of modern Western man, for social and political expediency.

How many people get married just for the companionship? My grandmother re-married at age 75 so as not to live alone, and as the gentleman was a cousin, she had to sign a document stating she would NOT be having children!

Mr Ross says it is a "no-brainer that gay marriage is wrong", but in fact it is Mr Ross who isn't using his brain if he thinks that way.

How is it hurting the institution of marriage if 2 gay people, (who incidentally make up 10% of the world's population) want to live together, nurture each other and at the same time enjoy the same socio- political rights as heterosexual couples in regard to heredity laws, taxes, etc.?

Mr Ross is always quoting the Bible to try to prove his points, but I'm not sure his religious fervour isn't a bit lopsided. What happened to the idea of man being made in God's image or that God loves all his children? Why should those thoughts - for those who have them - not include gays?! Considering all of the sex scandals that go on in churches (not for procreation!) it's a wonder anyone believes anything the clergy says. Or, as the late, great English comedian Linda Smith said "Where do they get off really, the Church, pretending that there aren't loads of vicars who are in it for the frocks?"

ZITA NETO, Portimão

Reply to Mr Ross (2)

SIR, May I use your good offices to make a small request of (2 letters a week) James Ross: that in the event of his death, he pen one final note to the Portugal News, letting us know whether he has been assigned a berth upstairs or down. This will greatly assist the rest of us to make our own celestial arrangements accordingly.

RONALD SOLE, Espargal

It's all in the mind

SIR, James Ross is again talking through his hat (Letters 21 June). For the believer, the existence of God IS an article of faith, and was declared so by the Church council of Nicea in AD 325, which clearly states, "We believe in one God . . . . and is repeatedly reaffirmed in almost every act of Christian worship today. 'Belief ' equals 'faith', ergo, the existence of God is an article of faith. Got it now, James? This is not, as he tries to make out, a religious argument, it's a fact of history. A further historical fact is that the Tridentine Profession of Faith under a Bull of Pius IV in 1564 and still imposed on converts to Catholicism demands "With steadfast faith believe and profess. . . ' I believe in One God etc'." Furthermore, an act of reason must be based on actual evidential proof, therefore, as there is no demonstrable evidence for the existence of JR's deity except within a certain mindset, it cannot be an act of reason. QED.

A less hasty reading of my letter would have shown James that I pointed out that an atheist does not understand the word 'God', therefore to talk of existence or absence of such an entity is meaningless. I've also warned JR in the past about getting information from dodgy websites, but he will persist, and is again left with egg on his face. He cites quite derogatorily several reputable writers, but their reasoned objectivity can be read with confidence. He has, too, reminded me of Sam Harris' book, The End of Faith, which warns of the dangers faced from all forms of fundamentalism, but Islamic fundamentalism in particular. The Blessed Richard Dawkins sagely advises us, "Read Sam Harris and wake up!"; we ignore him at our peril.

MICHAEL BAUGH, By e-mail

Faith

SIR, 'God, an article of faith or of reason?' (James Ross, Letters 21st June). As I understand it an article of faith is a basic religious belief held by a group or a person. I have no idea what an article of reason can be, but there are countless definitions of what is meant by faith. The wordings of those I have looked up are all variations on the same theme– e.g. 'An unquestioning belief that does not require proof or evidence'; 'Belief in the absence of evidence' or 'Belief that does not rest on logical proof''. Or, as Mark Twain summed it up in his inimitable way, "Faith is believing in what you know ain't so."

Reason, on the other hand, 'is a statement offered in explanation or justification of whatever is being claimed' and, unlike faith, is backed up by peer-tested proof.

As JR suggested, I went on to the net to see who Dinesh De Souza is. He sure knows how to pick 'em! Apparently De Souza "… is known to conscientious commentators everywhere as "Distort D' Newsa [and] has been – for far too long – one of the Right's rising stars. Known for his bigoted-sounding theories on race, gender and sexuality, De Souza has been flown around to college campus after college campus by his benefactors at Young America's Foundation and The Heritage Foundation, spewing his shock-value material to budding college conservatives." Needless to say I didn't bother to read further.

RON LAVERY, By e-mail

Spider Alert

SIR, Your article on 'Spider alert' informs: ... "does not weave a web"

http:/www.artimmersion.com/Bres-to-Buri/brown_recluse_spider.php:

These spiders frequently build their webs in woodpiles and sheds, closets, garages, and other places that are dry and generally undisturbed. Unlike most web weavers, they leave these webs at night to hunt.

Furthermore: As indicated by its name, this spider is not aggressive and usually bites only when pressed against human skin, such as when tangled up within clothes, bath towels, or in bedding. And: It is estimated that 80% of reported brown recluse bites may be misdiagnoses. The misdiagnosis of a wound as a brown recluse bite could delay proper treatment of serious diseases. There is now a test for brown recluse venom that can determine if a wound is a brown recluse bite, although it is not in routine use.

I suppose many readers would appreciate to be given the source of such articles.

BARBARA, By e-mail

Thank you for more information on this subject and for your reference to a useful website. Our article came from a 'Spider Alert' which was circulated via email by Portuguese vets, with a request to "divulge". We translated from the original text which was in Portuguese. Ed

Trash

I have lived in Cascais for almost 3 years now and am disgusted with the litter and trash in the streets. How do we expect people to enjoy the lovely bike paths, views, and each other with all of this garbage?

Don't people have any pride? Every time I walk, I gather up paper, beer bottles, cigarette packages, etc...and they are next to the litter bin. I think everyone should make an effort to set an example and come up with some ideas as to how to educate the pigs that do not respect this beautiful country.

MILCHEN MEY DE VASCONCELOS, By e-mail

Help required

SIR, Can any readers help me to solve the following problem with advice or solutions. I live in Quinta do Lago, Almancil and have been feeding two feral cats that came into my garden once a day. Subsequently they both, at the same time, became pregnant. This week they brought into the garden eight, yes eight, beautiful kittens which are about three or four weeks old.

I cannot possibly feed ten wild cats or allow them to roam the garden as I have small grandchildren, on the other hand I couldn't face not feeding them and allow them to starve to death. Being wild the two mother cats were unable to be neutered in the first place although I would have happily paid for that.

What should or can I do? Dear readers please help.

MARILYN JONES, by email

Are we all to blame?

SIR, We are appalled that until now nothing has been done to halt what is happening in Zimbabwe, and that President Mugabe has been allowed to remain in power by means that are not only undemocratic but also involve corruption, intimidation, torture and murder. Over the years, whilst the world has looked on, he has turned his country from the breadbasket of Africa into a desolate wasteland.

Robert Mugabe became Prime Minister of Zimbabwe in April 1980, and in August of the same year, Zimbabwe was accepted as a member state of the United Nations. In December 1948, the General Assembly of the UN adopted and proclaimed the Universal Doctrine of Human rights, and in 1998, on its fiftieth anniversary, proclaimed this doctrine as a common standard for all peoples.

Article 5 states: No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment. This is what Mugabe is doing to his people.

Article 7 reads: All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination. What protection do the people who disagree with Mugabe have?

And Article 21 reads: The will of the people shall be the basis of the authority of government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or equivalent free voting procedures. Mugabe has made a mockery of the whole democratic election process.

In Kofi Anan's statement to the General Assembly in 2005, he wrote: I ask them (the member states) to embrace the principle of the 'Responsibility to Protect', as a basis for collective action against genocide, ethnic cleansing and crimes against humanity – recognising that this responsibility lies first and foremost with each individual state, but also that, if national authorities are unable or unwilling to protect their citizens, the responsibility then shifts to the international community, and that, in the last resort, the UN Security Council may take enforcement action according to the Charter.

Isn't it time for enforcement action to be taken to remove Robert Mugabe and his henchmen, who are guilty at the very least, of crimes against humanity?

Maybe we should take some of the blame for not taking our concerns to those who could do something, vis-à-vis Burke's adage: All it takes for evil to flourish is for good men to say (or do) nothing.

Isn't it time we all lifted up our voices and our pens and e-mails to try and make a difference? Let's hope it will not be too late for the people of Zimbabwe.

TONY & LOIS HERRINGTON, By e-mail

Portuguese for Beginners 121

Emília Rosendo

THIS LESSON: Verb "*conseguir*" in the Simple Past

Today's lesson deals with verb "***conseguir***" (*can/be able to*) in the "***Pretérito Perfeito Simples do Indicativo***" (*Simple Past*).

Eu **consegui** ⇨ Tu **conseguiste**
⇨ Ele •Ela •Você **conseguiu**
⇨ Nós **conseguimos**
⇨ Eles •Elas •Vocês **conseguiram**

① ***Put in the 'Pretérito Perfeito Simples do Indicativo' of the verb 'conseguir'.***

a) O Pedro não _____ apanhar o autocarro para casa porque se atrasou.

b) - (*Tu*) _____ marcar a consulta de oftalmologia?
- Sim, (*eu*) _____ . Tenho consulta na próxima semana.

c) Ontem à noite nós não _____ adormecer por causa do barulho da trovoada.

d) Alguns alunos _____ resolver o exame em menos de uma hora.

e) Aquelas crianças não _____ terminar os seus desenhos por falta de tempo.

f) - (*Vocês*) _____ comprar bilhetes para o concerto?
- Não, infelizmente, (*nós*) não _____ . Fica para uma próxima oportunidade.

g) A Ana não _____ abrir a porta porque deixou a chave em casa.

h) - (*Você*) _____ perceber o filme todo?
- Não, (*eu*) só _____ perceber algumas partes.

i) O Rui e a Ana estão muito satisfeitos porque, finalmente, _____ juntar algum dinheiro para redecorar a casa.

j) Depois de vários contactos e de muita insistência, (*eu*) _____ organizar uma agradável reunião familiar.

k) O acidente aconteceu porque o condutor do carro azul não _____ travar a tempo.

l) O António fez uma rigorosa dieta, praticou exercício físico e _____ emagrecer alguns quilos em poucas semanas.

Please send your completed exercises, with your name and address, to me: Emília Rosendo at **THE NEWS** and I will send them back corrected
THE NEWS - Rua Município de S. Domingos, Urb. Lagoa-Sol, Lote 3 - r/c, 8400 - 415 Lagoa . Apartado 13. 8401-901 Lagoa
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SulCare, caring for your mobility

As life goes on the body gets less agile and sometimes a little help is needed. SulCare offers a vast range of mobility and health aids, from walking sticks and physiotherapy accessories, to stair lifts, customised care-beds and bathrooms aids, available for rent and purchase.

All of these are on display in their new showroom, opened in April this year, set out by sections to offer a better idea of what is in stock. The dedicated 'mobility corner' includes recliners, massage chairs, wheelchairs, walking aids, scooters, ramps, Zimmer frames, crutches and splints, plus electric wheelchairs. A fully-functional stair lift is on display, which can be tried and tested, and models available include indoor and outdoor chairlifts as well as specialised equipment to go round corners, spirals and other odd-shaped structures.

Another area is dedicated to orthopaedic footwear, which includes handmade, bespoke shoes to cater for a number of ailments, along with a physio section, comprising everything to promote good health and exercise, like yoga mats, bandages, cool packs, blood pressure monitors, etc…

A nursing and bed area offers everything necessary for homecare, such as care-bed frames, different specialised mattresses to ease the effects of long spells in bed, and lambs-wool covered chairs.

The hygiene and bathroom accessory range comprises a huge array of aids, like bath-chairs, wall grips, and specialised taps.

SulCare has been open for two and a half years, though is fast becoming one of the region's largest companies in the health and mobility aid sector, now a main supplier of orthopaedic shops in northern Portugal.

Its new premises are spacious, located just past the bus terminal in Loulé, and offer excellent parking with a designated spot for disabled vehicles. Demand is still as strong as ever and SulCare's clients are now a 50-50 mix of Portuguese and foreign individuals. All of Sulcare's products are available for rent or purchasing, making them an ideal solution for those on holiday or regular visitors. It is also ideal for those with rental properties in need of equipment to cater for disabled guests.

Delivery at short notice is offered. For more information, contact Sulcare on: (+351) 289 417 243, or mobile: 964 805 111. Alternatively, e-mail: info@sulcare.com, or see website: www.sulcare.com.

The shop is open Monday – Friday, 09h00 – 18h00 (closed for lunch, 13h00 – 14h00), and Saturdays, 09h00 – 14h00.

AlmaVerde Wellness Centre

The AlmaVerde Wellness Centre, located within and named after the Almaverde eco-friendly development near Burgau was created with one goal in mind – to help achieve complete wellness, inside and outside the body.

Working closely with each client on an individual basis, Almaverde Wellness Centre applies a customer-orientated approach that starts with an in-depth, initial assessment, followed by a customised treatment plan for any issues that may prevail.

It is distinguished from other establishments of similar genre by two innovative approaches aimed at new costumers; the teaching of 'self-help' (a type of 'do-it-yourself' therapy), or specific treatment carried out at the centre (the 'What Wellness Centre Can Do For You' plan).

'Do-It-Yourself' care evaluates several parts of people's daily lives by looking at them from a different perspective.

For example, according to the Centre, one can reach a better physical and psychological wellness by exercising more often, learning yoga techniques or therapeutic exercises through martial arts; these exercises will be taught to customers, who can then use them on a regular basis without having to come back to the centre, thus improving lifestyle without compromise.

The 'What the Wellness Centre Can Do For You' treatment works in two ways; from the outside in and from the inside out.

'Outside in' targets the body's exterior and comprises several beauty treatments, include facials, manicures and relaxation sessions, that make you look beautiful, therefore feel beautiful.

From 'Inside out' the Centre aims to help in various ways, by improving the inside of the body to enable a person to look and feel better on the outside.

Ten different types of massages or complementary therapies are available, such as Thai Yoga, Shiatsu, NLP (Neuro-Linguistic Programming [NLP]), Cranium-Sacral therapy, chiropractic, and more.

Gordon Sillence, director of the Wellness Centre, also a NLP practitioner and martial arts expert, chose to work with AlmaVerde Village & Wellness Centre because "it is not [only] a skin-deep centre; it seeks to put people in a better position with their lifestyle and genuinely help them".

The centre currently has four separate treatment rooms and synthetic grass tennis courts. These courts cause minimal damage to joints, and specialists can help players reach their peak and improve their game, both mentally and physically.

By 2010 a further two huge buildings will be built, to turn Almaverde into a unique development totally dedicated to lifestyle and wellness.

It will have a dojo, spa, 24 treatment rooms, pools, gyms, saunas, and much more.

The services available at the Wellness Centre are not unique in the Algarve, but, as a whole, the establishment is truly unrivalled.

Almaverde Village and Spa is a new development where the ethos of the village is wellness; it has won several environmental awards, is located next to a protected area, and all the homes built there are environmentally friendly.

The most intriguing treatment of the Wellness Centre is the Alpha Sphere lounger, which lulls clients into deep relaxation by emitting three-dimensional waves of sound, whilst gentle vibrations run through the entire body. A blue light radiated from the lounger invokes serenity.

This recently-invented device has won several Spa awards and is recognised to be very helpful in treating stress and anxiety.

The Wellness Centre also has an exclusive range of aromatherapy oils.

For more information on the Wellness Centre please visit www.almaverde.com and go to the Wellness link, call 282 697 656 or email: wellness@almaverde.com. Adele, the friendly receptionist, will be able to answer any queries and the staff will make you feel more than welcome.

Thomas Green Lagos

Eddie and Armenella arrived in Portugal two years ago with the intention of settling down after a hectic career in the travel industry. They decided to open a Thomas Green shop in Lagos with their sights on a steady income as well as spending more quality time together in the sunny climate.

Eddie and Armenella had always wanted to manage their own business, and as Armenella had been a tour rep leader in Portugal for five years, speaking the language helped them make up their mind and take the plunge.

Thomas Green is a franchise that sells those 'hard-to-find' British products that quench home-sickness and offer ex-pats and tourists a taste of 'back home'.

They decided to open the shop in Lagos, in part due to the thriving ex-pats community, but also because of the attractiveness of the coastal city.

Close to the Boat Roundabout at the entrance of town, it is very well located, opposite the Tourist Information Centre, and offers ample parking.

Most of the products displayed are imported from well-known retailer Nisa, as well as six other international suppliers.

Their product range is massive; their best sellers being frozen products like haddock, oven chips (that are "really hard to find elsewhere"), roast potatoes, parsnips and thirteen different types of sausage. Flour products also sell very well, as the flour used in England is significantly different to the flour used in Portugal, giving the bread its own unique taste.

Lamb shanks and Scottish square sausages are also very trendy and reportedly, "fly off the shelves".

The shop has several healthy options, including Weight Watcher's meals, and a good vegetarian selection.

All of their products can be bought online; just send Thomas Green an email and they will send back a product list from which thousands of British products can be chosen.

With excellent customer service coming naturally to the couple, they have no trouble establishing friendships with customers, who become regulars, often coming back for their favourite bites. To improve client satisfaction they now deliver if products are bought in bulk.

Eddie and Armenella also work with various charity shops to which they offer established promotions, to encourage fresh custom.

Armenella and Eddie welcome readers to "come in and have a look, you will be impressed with our range of products and won't leave empty handed". The shop is open Mon-Fri from 10h00 till 19h00 and Saturdays from 10h00 till 17h00. For more information please call 282 799 023 or email lagos@thomasgreen.pt.

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PROPERTY

A 12 page weekly guide to the latest and the best properties on the market in Portugal • The *Portugal* News • 28 Jun 2008

PROPERTY OF THE WEEK

Orchard setting for spacious new Irish-backed Algarve development

O Pomar is a prestigious new development of 208 two and three bedroom apartments and 44 three bedroom townhouses at Cabanas de Tavira in the eastern Algarve.

O Pomar is located ten minutes walk from the picturesque fishing village of Cabanas and five minutes drive from the historical town of Tavira with its fine 18th Century architecture, 37 churches and Roman bridge over the River Gilao.

Faro International Airport is 25 minutes drive and the surrounding area already boasts four Championship golf courses including ones designed by Jack Nicklaus and Severiano Ballesteros with a further two under construction.

Over half of the site is now under construction with the first completions expected in April 2009.

Seventy five per cent of the properties have already been sold by long established Irish developers Newlyn.

The development has at its heart a central plaza which will feature a bar, restaurant and shops. A large main swimming pool and recreation area are situated to the side of the plaza which looks out over the protected Rio Formosa. The orchard origins of the development are reflected in the lush gardens and landscaping which will house additional swimming pools, water and garden features.

Each building at O Pomar has been specifically designed to make best use of natural light and to allow for particularly spacious interiors from 85 to 124 square metres and large terraces ranging from 18 to 150 square metres.

Newlyn has twenty years experience of developing quality homes and properties. It pays particular attention to design and materials and this is evidenced in O Pomar by the high specification fitted kitchens in all properties, special acoustic insulation in all properties, and security doors and electrically operated shutters on all patio doors. There are integrated barbecues on the external terrace of the townhouses and selected apartments as well as optional Jacuzzi spas in the same properties.

The final phase of properties is now on sale with prices starting from €225,000 and arrangements to view the plans can be made through Newlyn Portugal.

Since being established in 1992, Newlyn (www.newlyn.ie) has produced an impressive portfolio of first-class property developments, and earned a reputation for great results in both residential and commercial projects. Throughout Newlyn's work in Ireland, Portugal and the UK, certain characteristics are very evident – progressive designs, responsible planning, and uncompromising quality of construction.

Newlyn's success stems from its emphasis on meeting the requirements of clients and end-users in terms of location, space and aesthetics; while also sensitively integrating each development with its locality.

The development has its own website through which further information can be obtained at www.opomar.net.

There is currently a special discount on purchases made before June 30th 2008.

For more information contact: Newlyn Portugal Sales Department on telephone: (+351) 289 320 181, fax : (+351) 289 320 190, or see website: www.newlynportugal.com.

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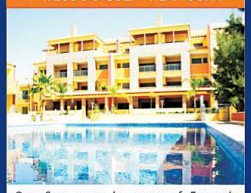

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Villa Manta Rota
Semi-detached 3 / 4 bedroom villa on a plot of 300 m2 (sufficient to put in a small pool), with air con., garage, presently converted into 4th bedroom, situated within walking distance to Manta Rota beach, 6 mins. drive to various golf-courses.
REF EA 062 VMR – €265.000

Neighb. Vila Nova de Cacela
2 bedroom villa on a plot of 440 m2 with approval for swimming pool (5 x 8 m) and to transform garage into another 2 bedrooms and bathroom, situated close to a small village, 2 kms from Manta Rota beach, 8 mins. drive to Tavira.
REF EA 063 VVNC – €316.000

Neighbourhood Tavira
3 bedroom villa w/ 4.200 m2 of land w/ beautiful arranged garden area, swimming pool, large garage w/ workshop situated 5 kms from Cabanas beach, 7 kms from Tavira in peaceful surroundings w/ 360° outstanding view of the countryside.
REF EA 064 TAV – €495.000

Cabanas
Spacious 1 bedroom apartment with air con., 4 m2 terrace overlooking pool area, situated on the 1st floor within an urbanization with access to 4 swimming pools, within walking distance to Cabanas centre, lagoon and beach, 4 kms from Tavira.
REF EA 065 ACAB – €126.000

Pedras da Rainha – Cabanas
Semi-detached 2 bedroom villa w/ lovely private garden area of approx. 500 m2, in attractive holiday complex Pedras da Rainha. Spacious green areas, sw. pool, tennis courts, reception, walking distance to Cabanas, lagoon & beach, 4 kms from Tavira.
REF EA 066 VPR – €218.000

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Tavira: 281 320 281
Vilamoura: 289 301 294

Fonte Santa - Cacela
Beautiful T2 Townhouse w/ communal pool on small development near Monte Rei Golf & various beaches. Three bathrooms, private patio, off street parking, air conditioning, fully equipped kitchen. Sold furnished. Good value for money!
Ref: LHT-853 Price: € 199.000

Moncarapacho
Spacious, modern, open plan 5 bed villa in immaculate condition with swimming pool and landscaped garden situated in an upmarket residential area. Construction size approx: 480 incl. basement with garage, plot 1377m2, built in 2006.
Ref: LHV-927 Price: € 640.000

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Tavira
Modern, luxurious four bedroom villa on preferred location with swimming pool and garage, large living/dining room and modern Italian design kitchen with cooking island. Breathtaking views from all rooms, cov. area 430m2, built in 2005
Ref: LHV-901 Price: € 895.000

Moncarapacho
Exclusive villa (V4) with guest cottage and swimming pool located on a large fruit producing estate. Comprising of 4 spacious bedrooms, 4 en-suite bathrooms, top of the range kitchen and lot of extra´s, cov. area 688m2, plot 40.700m2
Ref:LHV-904 Price:€2.400.000

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vilagente@mail.telepac.pt
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Vilamoura
Studio apartment transformed into one bedroom composed of lounge, small bedroom, bathroom, equipped kitchenette and terrace with sea view. Construction area - 46 sq.m.

Ref: A1256 Price: € 85,000

Vilamoura
Attractive two bedroom apartment composed of 1 bathroom, lounge with fireplace, equipped kitchen and terrace. Communal swimming pool and garden area. Furnished.

Ref: A1252 Price: € 225,000

Vilamoura
Attractive villa composed of 3 bedrooms, 2 bathrooms, lounge with dining area, equipped kitchen, storage and carport. Swimming pool and garden. Roof terrace. Furnished. Plot area - 423 sq.m. Construction area - 140 sq.m.
Ref: A12566 Price: € 400,000

Vilamoura
Attractive villa composed of 3 bedrooms (+ 1 small bedroom), 4 bathrooms, lounge w/fireplace, dining room, office, kitchen, laundry room, storage areas & terraces. Furnished & equipped. Sw. pool & garden. Constr. area: 380 sq.m. Plot area: 2.182 sq.m. Excellent value.
Ref: V12479 Price: € 899,000

Paderne
Beautiful and modern villa composed of 4 bedrooms, 3 bathrooms, lounge w/ fireplace, dining room, office, equipped kitchen, laundry room & terraces. Storage, garage, salted water sw. pool & garden. Plot area: 1.500 sq.m. Construction area: 315 sq.m.
Ref: V12563 Price: €1,290,000

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Vila Sol
Beautiful 3 Bedroom / 3 Bathroom detached villa located in the luxury golf & spa resort of Vila Sol. This nice villa is situated on a large plot of 1768m2 and offers a private swimming pool, BBQ and is surrounded by beautiful landscaped gardens.
Price: € 1,175,000

Vilamoura
Stunning 6 Bedroom / 5 Bathroom 'Fully Furnished' detached villa situated in a quiet area of Vilamoura offering 2 lounge areas and a large swimming pool surrounded by sub-tropical gardens.
Price: € 1,095,000 **Offshore

Vilamoura
Beautiful Luxury 5 Bedroom / 4 Bathroom detached villa set within an exclusive pine tree area of Vilamoura, of bright modern contemporary design, and located on a large landscaped plot of 4641m2.
Price: € 2,300,000

Vilamoura
4 Bedroom / 4 Bathroom 'Fully Furnished' villa overlooking the 'Old Course' golf course with air-conditioning, central heating, private swimming pool, surrounded by landscaped gardens with panoramic golf views.
Price: € 1,350,000

Vilamoura
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- 2 Bedroom, 2 Bathroom
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- Built on Three Levels
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- Communal Swimming Pool

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65m2 apartment with one bedroom en suite. Two balconies and BBQ. Swimming pool, tennis court and children playground. Near all amenities and the beach.

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Albufeira / Vale Pedras

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Price: EUR 295.000 Ref 444

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Price: EUR 225.000 Ref 465

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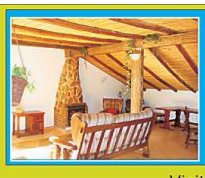

Albufeira / Paderne

Cottage in the countryside on a 3500sqm plot. With 7 bedrooms, 4 bathrooms, 4 kitchens and 4 living rooms. Can be used as 4 separate apartments. Big swimming pool.

Price: EUR 550.000 Ref 361

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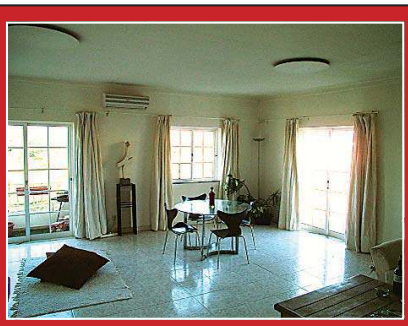
Top floor T3 Apartment excellently located on the outskirts of Lagoa, with views across the fields, while being a stone's throw from a gymnasium, theatre, police station, health clinic, school and shops. Situated in a pretty, landscaped cul-de-sac, the apartment has a light and spacious lounge overlooking the countryside, three bedrooms, two bathrooms, kitchen and two balconies. Being only 5 minutes drive to the beach and various golf courses makes it an ideal holiday home and a great investment.



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Location: Lagoa - Plot: 234 m2 - Covered area: 190 m2 - Built in 2000 Price: €330,000.

Close to all amenities, such as supermarkets, shops, restaurants, bars, Lagoa town centre, night life, beaches and several Golf Courses...

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Ref. V82196
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Price: € 850.000

VILAMOURA - PINHAL
Ref. A82147
One bedroom apartment. Near all amenities. 15 min. walk to the Marina and 3 min. walk to the Golf. Complex with large green areas and pool. Furnished and equipped. Fabulous sun exposure. Excellent letting potential.

Price: € 110.000

VILAMOURA – BEACH
Ref. MG82203
Single storey two bedroom villa. 120 sq.m. Prime location. 10 min. walk to Ma- rina & beach. Furnished & equipped. A/c. Private parking for 2 cars. Large balcony w/ BBQ. Direct access to large green areas & pool. Excellent letting potential. Near amenities.

Price: € 315.000

VILAMOURA - VICTORIA
Ref. A82092
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Calico Park

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- Property size: approx. 250 m²
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- Potential to extend, storage, garage, wooden house
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- **QUERENÇA** near Loulé, S326, 3 bedrooms, 167 m² living area, approx. 1.800 m² land, pool, lovely garden, borehole, **€360,000**.
- **NEAR MONCARAPACHO**, S287, 5 bedrooms, approx. 200 m² living area, approx. 2.000 m² plot, lovely countryside views, big potential, **€430.000 open to offers.**
- **ALTE**, S341, Detached property with 5 bedrooms, 4 bathrooms, layered terraces, shaded patio area and pool. Renovated in 2005 with great potential for a B&B. **€340,000.**
- **SANTA BARBARA DE NEXE**, S280, Quinta, 8 bedrooms, 462m² living aea, 12,800m² plot, pool, **€2,400,000.**
- **SÃO BRÁS DE ALPORTEL**, S291, Quinta from the17th century, 13 bedrooms, 1,200m² living area, 16,000m² plot, pool, **€2,000,000.**

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PRICE : €370,000.

- Plot size: approx 9,500m²x
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- 4 bedrooms
- 3 bathrooms
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Rustic Properties Across the Algarve

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- **PEREIRA (near Mexilhoeira Grande)**, S343. 3 bedroom, 2 bathroom house in the country, living area approx. 156m², 3,030m² plot. Ample terrace and garden space. **From €295,000.**
- **SILVES**, S659. 3 bedroom, 2 bathroom farmhouse with 2 hectares of land, great opportunity for horse lovers. **€315,000.**
- **SILVES**, S658. Impressive 3 bedroom villa with private pool on 600m² plot, BBQ area, garden, countryside views and close to golf. **€295,000.**
- **MONCHIQUE**, S76. 4 houses with total of 5 bedrooms, pool, 180m² living area, terraces, 2,200m² plot. **€200,000.**
- **SILVES AREA**, S331. Secluded farmhouse with approved project to refurbish from 100m² to 180m² with additional storage and terraces. **€195,000.**
- **MONCHIQUE AREA**, S189. Idyllic countryside retreat with 2/3 bedroom and 2 bathrooms, a real chance to get back nature. **€249,000.**

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Very well maintained villa in a small urbanisation close to Lagos. 3 bedrooms, 3 bathrooms, livingroom, kitchen, garage on spacious plot. **Price: €335,000.**

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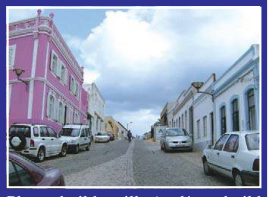

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OPPORTUNITY Top Price: €549,000.

- Built in 2000 to the highest standards. 8 bedrooms, 344m² living area on different floors
- Quiet and small urbanization, pool, garden, terraces, lovely country views
- Walking distance to the village, very near to beach. Sea Views

Ref.: S246

Detached Villas & Homes with Income in Different Areas

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- **MONCHIQUE AREA**, S23. Huge villa with self-contained apartment with 2 bedrooms, sea views from the distance, pool, garden, terraces, lovely countryside, **€550,000.**
- **VALE DE TELHA**, S310. 3 bedroom villa with detached bungalow split into 3 separate apartments, large private plot with pool, close to beaches. **€530,000.**
- **SILVES/MESSINES AREA**, S83, Rural property w/ main house & two houses to let: each 2 beds, lounge, kitchen & bathroom. Fenced plot, lovely garden w/pool in unspoilt countryside, **€ 599.000.**

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In the night garden

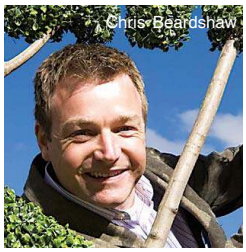
(Photos: Press Association / Touch PR)

Photo of Dreamstime night garden.

Our gardens may look vibrant in the daytime, but at night they take on a different air as the fading light changes the colours, tones and fragrance of our outdoor space and certain plants come into their own.

Garden centres have seen a rise in night-blooming plants, according to new research, showing we are making the most of our evenings outdoors. Almost a third of us do gardening (not just watering) after dark and 70% socialise in the garden after dark, according to the survey of more than 3,000 people, commissioned by Grant's Whisky.

With this in mind, award-winning gardener and TV presenter Chris Beardshaw has created three blueprints for the perfect garden after hours.


Chris Beardshaw

Chris says: "The garden is often at its most vibrant and intense as the evening slips into night. The fragrance is enhanced in many cases and the quality of light, either from the setting sun or the moon, adds an extra dynamic character.

"Simply adding a few night-blooming plants, subtle lighting and the use of white or light coloured materials where possible, will reflect the moonlight and make a real difference to the pleasure you can get out of your garden after hours."

So, how can you make the most of your night garden?

First, choose your colours carefully. Sizzling reds and oranges may dazzle during the day but at night they won't, so balance your palette with whites and creams to reflect the light.

Good choices include the pure white Cosmos 'Purity', Digitalis purpurea 'Alba', the white foxglove, and Cerastium Tomentosum 'Silver Carpet' (snow-in-summer), a vigorous mat-forming perennial which produces silvery white woolly foliage and a mass of pure white flowers when in bloom.

Night-blooming plants include Silene alba (white campion), a wild flower with delicate, evening scented white flowers, Ipomoea alba (moonflower), a night-blooming relative of the Morning Glory, and Mirabilis jalapa, also known as Four O'Clock, a native of Peru which offers both trumpet-shaped flowers and a jasmine scent.

If you are more concerned with fragrance, then include Nicotiana sylvestris, a tobacco plant variety growing up to 150cm (5ft), whose white flowers emit an intense scent, Oenothera fruticosa 'Fyrverkeri', an evening primrose which produces sweetly scented blossoms of soft white, pink and bright yellow, and night gladiolus, whose creamy yellow flowers give an intense, spicy smell at night.

For a mid-sized family garden Chris advises: "Sow hardy annual seeds that come into their own at night such as night-scented stock. If you use a cottage garden mix the seeds are quick to grow and will reward you with flowers by the summer holidays."

Lighting is also important. You could drape fairy lights over woven willow structures, or solar lights to give an atmospheric glow.

If you have a small garden or just a roof terrace, light what plants you have with uplighters to create a dramatic effect. By positioning the light carefully you can create a silhouette on the walls, which help give the impression of a bigger space.

If you have screens in your garden or want to cover walls, use scented climbers such as jasmine, which comes into its own in the evening.

Candles could also be hung from screening in glass votives for additional soft lighting.

If you have a larger garden, plant beds and borders with plants from the white and blue colour spectrum, to help reflect the moonlight and make the garden appear to be glowing, Chris advises.

"You could even create a white garden with white roses, white delphiniums and white flowering shrubs such as Elaeagnus angustifolia 'Quicksilver'. Use silver foliage plants too such as Stachys byzantina (lambs' ears) and some of the giant thistles."

Plant fragrant climbers like honeysuckle near to the house to enjoy wafts of its sweet scent drifting through open windows or greeting you when you step on to the patio.

The colour, textures and fragrance of a night garden can really make the perfect end to a perfect day. *Hannah Stephenson*

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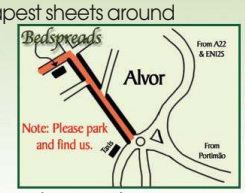

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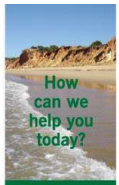

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ALGARVE Sítio do Corgo da Zorra – Estrada Vale do Lobo/Quinta do Lago- Almancil

Specialist in exterior decoration solutions opens new shop/showroom in Almancil

On 3rd June 2008 – Alaire (www.alaire.pt), the outdoor living specialists opened a new shop in the Algarve, near Almancil (location). This will be the sixth Alaire shop in Iberia, with operations already in Lisbon, Madrid, and Barcelona. The company stocks a wide range of furniture, outdoor structures, heaters, parasols, barbeques and professional contract solutions in its 1500m2 Algarve location.

Alaire offers both its own exclusive furniture lines, which provide contemporary design and materials at competitive prices, as well as representing international brands such as Tribu, Caneline, Landgrave, and EGO. Alaire's also has the exclusive representation for Glatz, a high quality Swiss brand of hardwearing, stylish aluminium parasols and sun shades. Alaire has stock available year round through its network of shops and warehouses across Iberia.

Alaire helps clients to make the most of their outdoor living spaces year round by working with only weather resistant products that offer easy Alaire helps clients to make the most of their outdoor living spaces year round by working with only weather resistant products that offer easy maintenance and a high degree of comfort. Materials used for furniture include treated aluminium, synthetic fibres, moulded plastic, teak and other hard woods.

For the professional sector, Alaire offers Alaire Contract, a dedicated service providing outdoor solutions for hotels, bars and restaurants. A wide selection of furniture, sun shades, heaters and outdoor divisions are designed specifically to withstand heavy usage while at the same time providing stylish design, maximising the year-round usage of outdoor spaces such as terraces, poolsides and spas.

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Kim's Style Tips For an Interior Garden

Creating a room: "I like to start with a plain piece of furniture and then layer the prints around it. Once the furniture and rugs are settled, then I can add the quirky, colourful, eclectic accents," says Kim.

• If you're nervous about colour, experiment first with one colourful, decorative cushion. Kim says: "Put it on a sofa and see if it makes you feel good. If that works add a colourful footstool, a brightly-coloured glass vase, a painting, or a throw draped over the arm of a couch. It's an easy way to bring in a bit of playfulness and movement."

• Anchor a decorative scheme by replicating one of the dominant colours in a favourite fabric, cushion, or painting on a piece of furniture like a sofa or chair.

"One great solid piece of furniture can really stabilise a room and act as the perfect accompaniment to colour-rich rugs, cushions and fabrics.

"Don't worry about clashing - if you look at something and it makes you happy, go for it! I believe large pieces of furniture should be covered in large prints and even small things look better in large prints. Dainty prints are so timid."

• Markets, auctions and fairs are a rich source of collectable objects. "You don't need a lot of money to make a space beautiful." One of her favourite buys are hassocks, formerly used in churches, which she decorates with her fabrics and uses for footstools and occasional seating.

She also displays collections of small items on table tops, cupboards and dressers. "I use dainty English floral saucers for jewellery and also show off vintage mirrors by laying them out on tables in groups and hanging them on walls to reflect the light."

• Refresh an interior when the season changes. Store away winter quilts, rugs, bedcovers and some paintings and hang others to bring a new atmosphere.

• Place solid-coloured or white pieces of furniture around colourful rugs to help balance the look of the room, and make it seem less busy. If a large, colourful rug is too exuberant try a runner, which is a low-impact way to bring colour to a space.

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The May International Algarve Fair at Fatacil Lagoa was the most successful to date.

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In the completed surveys, visitors told us they most enjoyed the entertainment and variety of activities, the little circus and music. They loved the crafts the variety of stands, the show gardens, choice of restaurants and the 'kid's stuff'.

They enjoyed the cars, bikes, pet shop and various beauty treatments. Most said they just enjoyed everything and there were many comments about the atmosphere, the friendliness and warmth of the people.

Exhibitors were also asked to complete surveys and a massive 86.8% voted the fair a total success.

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Zimbabwe: Cutting the Losses

There is no Plan B. Morgan Tsvangirai was right to withdraw from the run-off presidential "election" in Zimbabwe on Sunday, because there's no point in getting people killed when there's no hope of a fair vote, but he has no more cards to play. South Africa is not going to intervene, nor is the Southern African Development Community, or the African Union, or the United Nations.

Movement for Democratic Change (MDC), leader Morgan Tsvangirai, addressing the media while announcing that he and the MDC have quit the country's bitterly fought run-off election, in Harare, Zimbabwe, 22 June 2008. Opposition leader Tsvangirai was quoted as saying on the 27 June, vote cannot be free and fair. The Dutch Foreign Ministry confirmed on 23 June 2008 that Tsvangirai had taken refuge in the Dutch embassy in Harare after emerging reports of the MDC head offices where raided in Harare with scores being arrested including women and children who had fled the recent election violence by pro ZANU PF supporters and security forces. Photo: LUSA/ EPA/TAURAI MADUNA

Another million despairing Zimbabweans will probably flee to South Africa, but there is not going to be a revolution in Zimbabwe, either. The people have no weapons, half the working-age population lives abroad, and the "security forces" are vigilant, well-armed and brutal. Violence has triumphed; President Robert Mugabe has won.

Thousands of Tsvangirai's supporters have been kidnapped and tortured by Mugabe's thugs since the campaign started, and 86 have been murdered already. Many more would have suffered the same fate if the election had gone ahead, and it would all have been for nothing. Mugabe was determined not to let the opposition win, regardless of what the voters did.

"Only God can remove me," Mugabe said recently, vowing never to give up the gains of the liberation war because of a mere 'x' on a ballot paper. He claims that the main opposition party is part of a plot by the British government, Zimbabwe's former colonial ruler, to re-impose white rule on the country.

Whether this is genuine paranoia or merely low cunning, it lets the 84-year-old president justify the reign of terror he has unleashed against opposition supporters since he lost the first round of the election to Tsvangirai by claiming that it is "a second liberation war." In wars, you can kill people who oppose you, and you are not obliged to count the enemy's votes.

A lot of polling agents for the opposition Movement for Democratic Change have already been killed, and thousands have been driven from their homes in order to break the MDC's organisation in rural areas. Mugabe's strategy was clearly going to succeed: either he would win a majority of the votes because enough MDC supporters had been terrorised into staying home, or else he would rig the count later on.

He didn't win the count the first time, in late March, because he foolishly allowed local vote tallies to be posted up at the polling stations, not realising that opposition activists would photograph them. Whatever the real vote count was, Mugabe's tame Zimbabwe Election Commission was unable to massage the outcome enough to give him a first-round victory. Most of the local voting totals were too well documented.

After a month's delay, the ZEC released results showing Tsvangirai with about 48 percent of the vote to Mugabe's 43 percent. That was enough to force a second round of voting, since a candidate had to get more than fifty percent of the vote in the first round to avoid a run-off, but it was a huge humiliation for the liberation war hero who has ruled Zimbabwe since independence in 1980.

He richly deserved it. Mugabe has misgoverned Zimbabwe so badly that this once-prosperous country now has two million percent inflation, and one-quarter of the population have fled to South Africa to find work and send money home to their families. Zimbabweans now die, on average, at a younger age than any other nationality in the world.

The ruling Zanu-PF elite presumably knows these statistics, but they cannot afford to care. If they lose power, they lose everything, for almost all their wealth was stolen and they have killed too many people. They would kill many more to keep it.

So Morgan Tsvangirai had to decide how many more lives he wanted to sacrifice in order to force Mugabe to steal the election openly. But how would that discredit Mugabe any more than the crimes he is committing right now? And what good does it do to "discredit" him?

Mugabe is a tyrant and the people who run his government and army are brazen thieves, but there will be no effective intervention in Zimbabwe from outside. The only African leader who has enough clout to do that is South Africa's President Thabo Mbeki, but his goal is to usher his old friend Robert Mugabe into an honourable retirement while keeping Zanu-PF in power. Until Zimbabweans can give him that, they will be left to rot.

Zimbabweans are on their own, as they always really were. Tsvangirai and the MDC have belatedly realised that there is no point in hoping that justice will prevail — but they have probably not yet thought beyond that. Basildon Peta, the head of the Zimbabwean Union of Journalists, certainly has. This is what he wrote after Tsvangirai announced his decision.

"I hope it won't be another long round of Thabo Mbeki's timid mediation while Zimbabwe continues burning. The MDC must now do what it should do to rid Zimbabwe of this shameless criminal. The opposition party knows what that is, though I can't print it here."

Well, I can. It is revolution in the streets. But that is almost certainly not going to happen.

Gwynne Dyer.

Gwynne Dyer'is a London based independent journalist whose articles are published in 45 countries.

His new book, "After Iraq", has just been published in London by Yale University Press.

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St Andrews Society BBQ

The first St Andrews Society BBQ was held on June 20th, at the grounds of Quinta Fonte do Bispo, near Stª Catarina, on a perfect evening.

It was a resounding success, with good food, and great company. The next major event will be held at St. Andrew's night for a dinner dance in late November, but they hope to stage further events before then.

For further information about the St Andrew's Society, contact David or Liz on 289 703 604 or 914 070 389 or e-mail daveliz60@hotmail.com.

Algarve Challenge Cup - 22 & 24 July 2008

This summer **Glasgow Celtic, Middlesbrough, Cardiff City** and **Vitoria Guimaraes** will battle it out for the inaugural Algarve Challenge Cup at the Estadio Algarve on the 22nd and 24th July 2008. With clubs from England, Scotland and Wales pitting themselves against the Portuguese Champions League qualifiers it is sure to provide a real competitive edge to the pre-season tournament as well as providing a fantastic party atmosphere on the Algarve this summer.

This year the Algarve Challenge Cup line up throws some interesting teams together with Celtic v Middlesbrough and Guimaraes v. Cardiff City on the 22nd July. The final evening (24th July) will see Middlesbrough v. Guimaraes and then a clash of the Celts with Celtic v. Cardiff City to wrap up the tournament.

The tournament will take place at the Estadio Algarve. The stadium is situated in the spacious Cities Park on the border between the towns of Faro and Loulé (S. João da Venda), which include a botanical garden, a lake, a golf course, a 400-metre athletics track, training grounds and the future Algarve Central Hospital.

Fixtures
22nd July 2008:
19.15 KO
Guimaraes v. Cardiff City
21.30 KO
Celtic v Middlesbrough
24th July 2008:
19.15 KO
Guimaraes v. Middlesbrough
21.30 KO
Cardiff City v. Celtic

€38.50 for a day pass, €70.00 for a tournament ticket (entry to both dates), €250.00 for a family tournament ticket (entry for 2 adults and 2 children for both dates).

Tickets available from PDM Travel, Lagos. Tel: 282 782078 Fax: 282 760154 or email: pdmtravel@sapo.pt

Forget the driving and parking, PDM travel are also running transport for a fun day at the football. Return coach transport per person per day from:

Lagos €20, Rocha/Alvor €18, Carvoeiro/Lagoa €15, Albufeira/Vilamoura €10. (Minimum of 25 pax required)

St. Andrew's Society
will be holding a Summer Sizzle on Saturday, July 5th
in the evening at Porches Pottery
Contact Cathy on 919 635 246 for tickets and information

From left to right: John Chidlow, Ron Goddard, Peter Rydin, Jo Alves, Ewan Rankin (Captain) and Derek McIvor

Royal British Club Golf Society

Earlier in the month, the Royal British Club played their monthly competition sponsored by the Beefeater Pub. This very popular pub and sports bar is located in the heart of Cascais and is certainly considered one of the best and most lively. Owners Derek McIvor and John Chidlow, very ably assisted by their repective wives, Niki and Grace, put on a great day for all the members supplying all the wine, beer and food as well as the prizes.

With the Estoril Golf course in excellent condition, Peter Rydin came home a close winner with 35 stableford points closely followed by Ron Goddard and Jo Alves, both on 34, Ron being 2nd on a countback. The remaining prizes for 4th, 5th and 6th went to Denys Stormont, Graciette Gibbon and Brian Hughes. Jo Alves was nearest the pin with a great shot, Sally Buxton getting nearest in 2 to take home the ladies' accuracy prize. Carole Brandon took home the Cow Bell and a free lesson from professional, Gordon Young, so as to help her to get her game back into good order.

A superb day was had by all thanks to the Beefeater.

ALFA culture in July

ALFA is a literature salon not a book club, come and see and listen for yourself.

On the first monday of the month, at 7.30pm, ALFA, the association of literature friends in the Algarve stages a book show, a get-together of authors and readers, giving authors the possibility to turn an audience, that had never heard of the author, let alone of his or her book into keen readers.

Venue: the Convento S. José in Lagoa.

Coming event: monday, the 7th of July. Guests: Michael Harris, Brian Pemberton.

Further information: tel. 917 602 607, www.alfacultura.com, fellgiebel@mail.telepac.pt

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Vale de Milho Golf

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"best designed (Algarve par 3) layout" - Greg Turner.
"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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Bowls Algarve Summer League

Pirates Rout the Tigers – Nomads Wander past the Cats

All teams had an unexpected break last week as the matches scheduled to be played at PDF were postponed due to the difficulty in obtaining petrol and diesel fuel. Happily things have returned to normal and yesterdays' games at Isla Canela were played in warm weather. The season will be extended by a week to accommodate the postponed games at PDF.

Anyway, the Pirates continued their excellent season with a fourth consecutive victory, this time over the Tavira Tigers by 47-16 and a full ten points. Pirates remain the only unbeaten team in the league. VDL Nomads had a tense and tight game against the ABC Cats, eventually running out victors by 32-29, the points being split 6-4.The other match was between the host club Isla Canela Bulls and Alvor Doves. The Doves improved their recent record with a 45-22 win and eight points to two. Alvor Larks were the team resting this week.

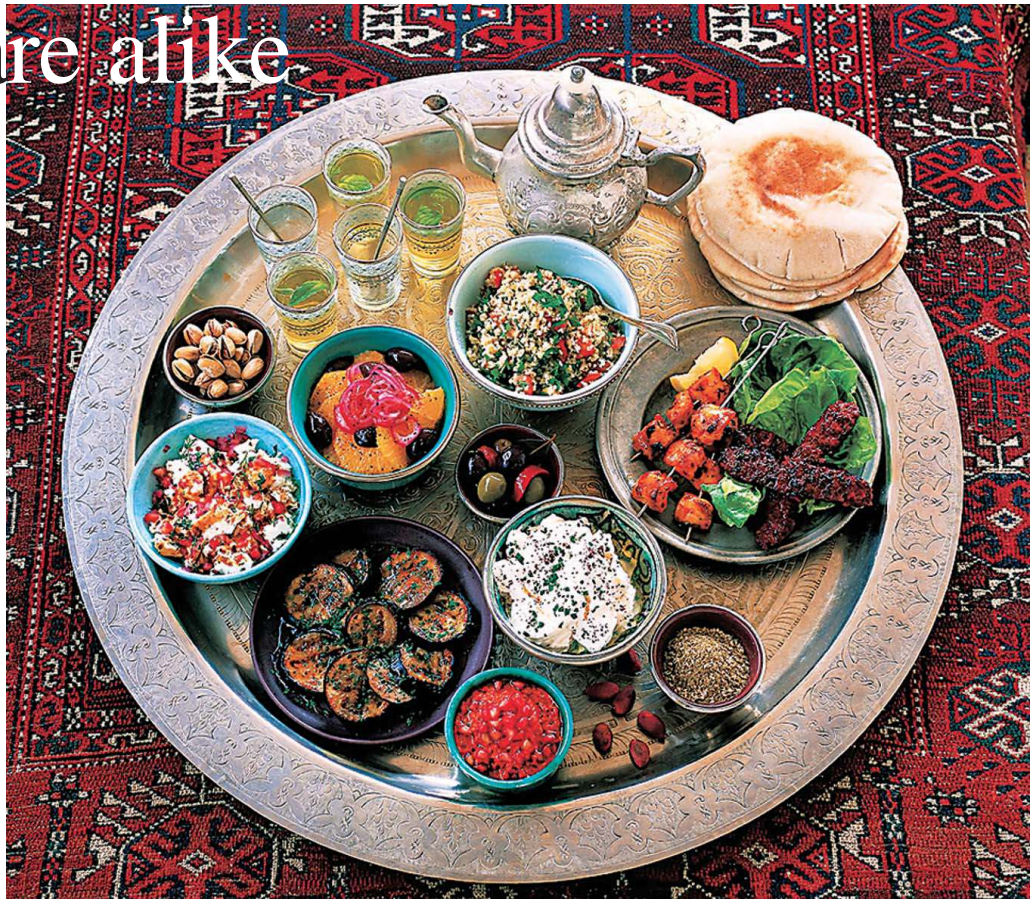
Cats remain on top of the league with 36 points, but Pirates are snapping at their heels with 32. Doves jump up the table with 23 points, equal with the Tigers who slip down a couple of places as a result of their loss to the Pirates. The Larks remain on 16 and the Nomads now have 12 points, followed by the Bulls on 8 points.

Two more series of matches to play before we know who will be this seasons' Summer league champions!

Alan Clarke
League Director

Share and share alike

Having friends over for dinner doesn't have to mean slaving away to produce a three-course meal. With the help of food writer Jennifer Joyce we show you how to shop smart at the deli counter and put together a selection of stylish food that's perfect for nibbling on whilst chatting and drinking.



A much more fun and relaxed approach to eating and entertaining is to shop smart at the local deli counter.

Take inspiration from the mezze dishes of the Eastern Mediterranean and the Middle East and serve up a selection of little dishes to share. The secret is that no great skill in the kitchen is required - just some simple cooking using the freshest ingredients and an artistic flair when it comes to plating the food.

It's the perfect way to get people together so that everyone can enjoy sitting around chatting, drinking and nibbling.

'Meze' is traditionally served up in Lebanon and Syria. Exotic fragrant spices, fresh green herbs and citrus are the key flavours and will make your house smell like heaven.

It's the ultimate finger food so you'll need plenty of flatbread. If you can, try to buy some dukkah. This is a delicious blend of spices, nuts and seeds that's enjoyed by dipping fresh, usually bread first into olive oil and then into the mixture.

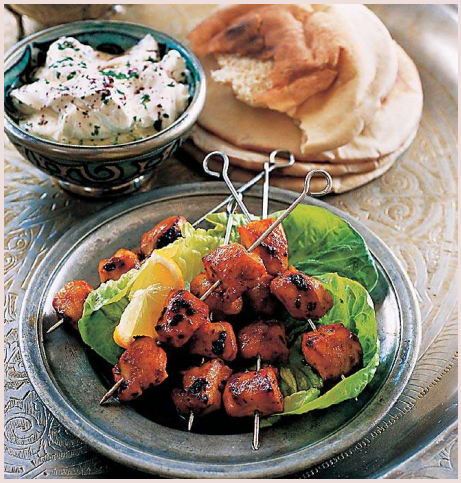
Jennifer Joyce, author of new book Plates To Share, is a confirmed mezze fan.

She suggests plating up some fresh figs and dates, and getting hold of some ready-made tabbouleh or other bulgur wheat salad with fresh parsley and mint.

Mix up a simple salad of fresh orange slices, black olives and thinly sliced red onion too, says Jennifer.

To get you in the summer party mood, we've selected two of her easy recipes to try at home.

Sam Wylie-Harris



Spicy Chicken Skewers

(Makes 25)

- 3 boneless and skinless chicken thighs
- 1tbsp harissa paste (fiery-hot chilli paste)
- 1tsp cumin seeds
- 1tbsp finely grated fresh ginger
- 1tbsp runny honey
- 4tbsp olive oil
- Sea salt and freshly ground black pepper

To serve:

- Labneh (a Lebanese soft cheese made from yogurt cheese) drizzled with olive oil and sprinkled with fresh parsley
- Lemon wedges, to squeeze
- Romaine lettuce leaves
- Flatbread
- 25 metal skewers or wooden skewers, soaked in water for 20 minutes

Cut the chicken into bite-sized pieces. Mix all the other ingredients together in a medium bowl and add the chicken. Toss until the chicken pieces are coated. Season well with salt and pepper. Leave to marinate for at least one hour.

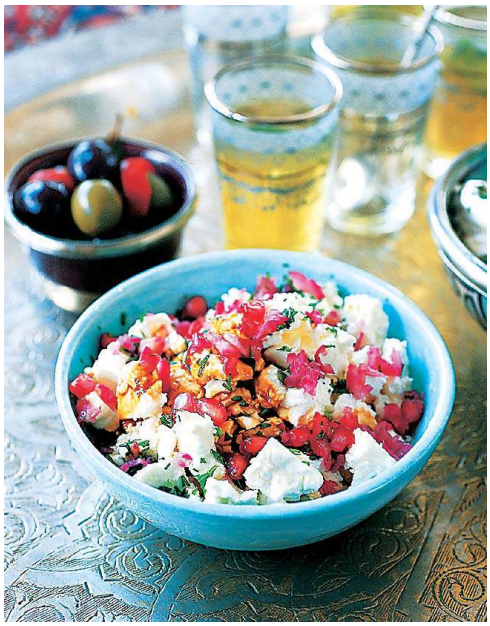
When ready to cook, thread the chicken on to the skewers, adding about three pieces to each. Heat a stove-top grill pan or barbecue. Grill the chicken for two-three minutes on each side until browned. Serve with natural yogurt and chopped red onion.

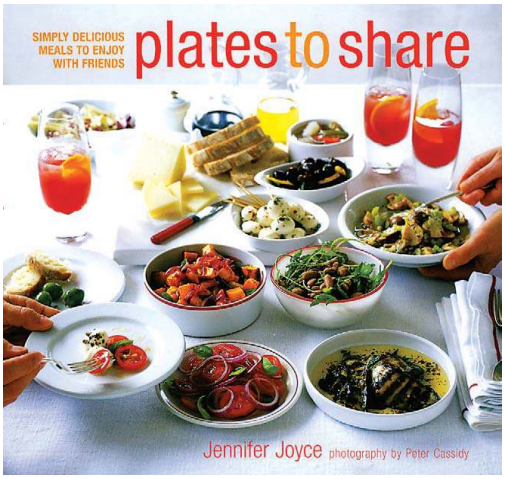
Crumbled Cheese Dip with Herbs and Pomegranate Seeds

(Makes 350ml)

- 300g feta cheese, crumbled
- Freshly squeezed juice of 1 lemon
- 5tbsp extra-virgin olive oil
- A pinch of red chilli flakes, crushed
- 1 small red onion, finely diced
- 1tbsp each finely chopped parsley, dill and mint
- 2tbsp pomegranate molasses
- 4tbsp pomegranate seeds

Arrange the crumbled cheese in a serving bowl. Pour the lemon juice and olive oil over it. Sprinkle the chilli flakes, onion and herbs on top. Drizzle with the pomegranate molasses and sprinkle with the seeds to finish. Serve with plenty of flatbread for dipping.





Plates To Share, by Jennifer Joyce, with photography by Peter Cassidy, published by Ryland Peters & Small, priced £8.99 (€11.40)

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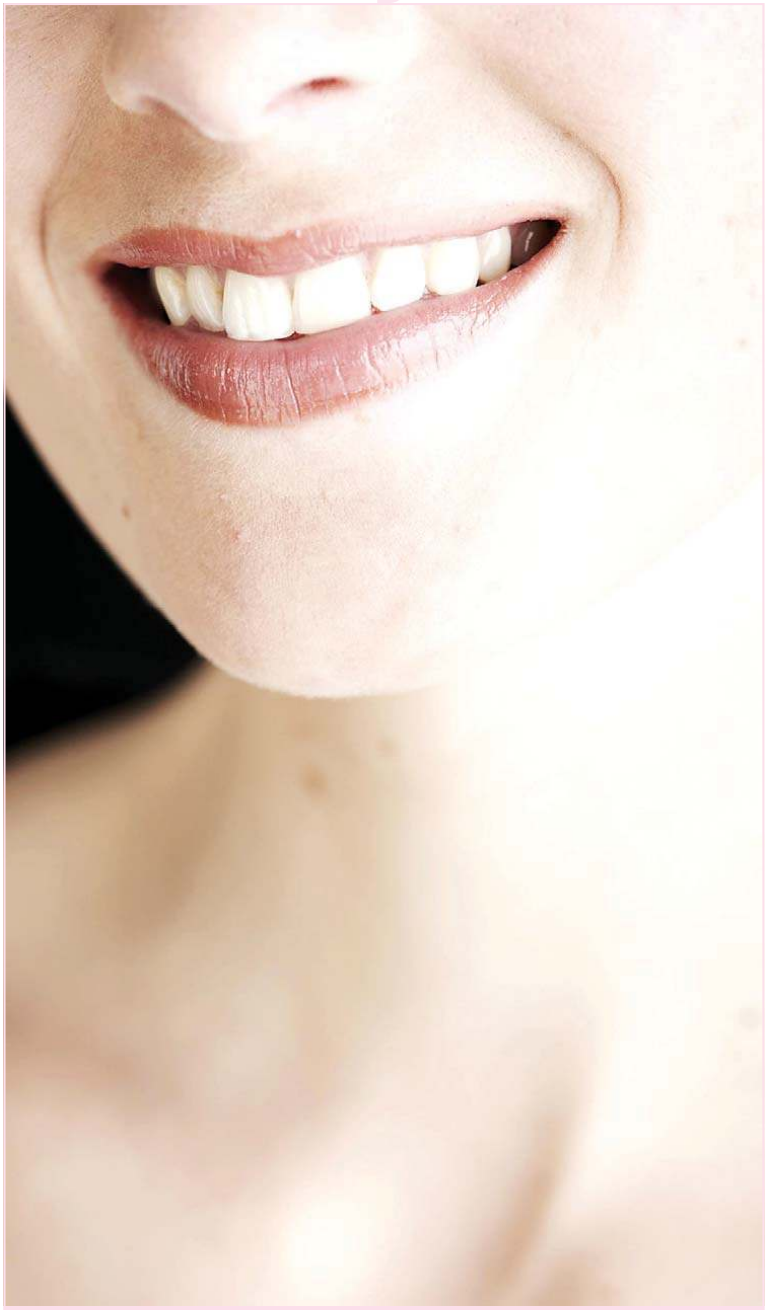

Want a whiter-than-white grin? Brushing twice a day is a necessity but what else can you do to brighten up your teeth? (Photo: Press Association)

How to get a kilowatt smile

Get ready for the occasion with our guide to beautiful teeth and lips.

Forget the beach bag and flip-flops, if there's one must-have accessory you need this summer, it's a gleaming smile.

With the sun shining and vacations in the diary we all tend to use our smiles a bit more during the summer season so avoid cringing over holiday snaps and Facebook tags by working towards a whiter, brighter smile.

Take the chance to get your lips and teeth in tip-top condition.

You don't have to squirm in the dentist's chair and spend hundreds of pounds to flash a kilowatt smile. There's plenty that you can do in between check-ups to achieve a dazzling smile. Say cheese!

Brush It Off

Want a whiter-than-white grin? Brushing twice a day is a necessity but what else can you do to brighten up your teeth? Oral B dental expert Dr Surinder Hundle gives his expert advice on how to get an enviable smile this summer: "Cut down on tea, coffee, red wine and other highly coloured foodstuffs," he advises. "Extrinsic stain builds up on the teeth and causes discolouration.

"Ensure you brush your teeth twice daily - two minutes is recommended. I'd advise using an electric toothbrush with a small rubber polishing head called a 'prophy cup' - which is designed to mimic the tool used by a dentist to polish - and a non-abrasive whitening toothpaste, for the best results."

Teething Tools

Expand your brushing repertoire with a few key smile-savvy buys. Banish the overworked old toothbrush and look for an electric toothbrush like Oral-B Vitality ProWhite rechargeable toothbrush, or a good manual like Swiss Smile Whitening Toothbrush (www.swisssmile.com); or Boots Smile Whitening Toothbrush.

Brush up a foam with a whitening toothpaste like Darphin Denblan Toothpaste, (www.darphin.co.uk); Aloe Dent Whitening,; or Beverly Hills Formula Whitening Toothpaste (www.beverlyhillsformula.com).

Mouthwashes are great for brightening a smile and leaving you feeling minty fresh. Swill around BreathRx Anti-Bacterial Mouth Rinse, (Boots/Superdrug nationwide); Colgate Plax Whitening Mouthwash, or BlanX Tooth Whitening Mouthwash.

A Perfect Pout

You don't always have to expose your teeth for a beautiful smile. Angelina Jolie relies on a closed-mouth, pouty smile for her paparazzi pictures.

There's nothing worse than dry, scaly lips, especially if you want a good base for your lipstick or gloss. Ensure your lips are in perfect condition by brushing them lightly with an old toothbrush to exfoliate them.

Get Colour Clever

Truly kissable lips are finished off with a gorgeous slick of gloss or lipstick. But did you know the colour you wear can have a dramatic effect on your teeth?

"Raspberry-coloured lip glosses are good as they have blue undertones which complement a variety of skin tones and tends to make teeth appear whiter," says David Horne, education director at the Jemma Kidd Make Up School.

"Steer clear from orange and peach-toned glosses and lipsticks as these can have the reverse effect of making teeth look less white."

Lisa Haynes

Beauty Bulletin

Tried and tested

Anna Friel has recently put her fresh-faced Hollywood makeover down to eyelash extensions: "The key thing is just to get them extended at the corners so it doesn't look fake, it looks natural and way more flattering," Anna boasts.

We put lash extensions to the test.

Our tester said: "Though my own eyelashes are dark and long, I gave lash extensions a whirl to give me a fuller-looking, lash flutter - without the mascara wand. Nina Asgar at Cobella discussed my eye shape and suggested working towards the corner to make my eyes look fuller.

"Unlike falsies, individual lashes are applied by gluing each individual lash to one of your eyelashes, not the skin. Nina also tints your lashes if they aren't dark enough.

"One hour later I had amazing lashes that looked like I'd spent hours curling and applying mascara - but they didn't look 'fake'. Unfortunately they don't last forever so when your natural lashes shed, so too do the extensions."

Buy it now

Give your lips a designer makeover with Christopher Kane. The British fashion designer has given Lancome's cult Juicy Tubes a stylish new look. Juicy Tubes World Tour by Christopher Kane is available in eight cosmopolitan shades. Available on Lancome counters now.

Bite back

Don't ruin sun-tanned skin with dot-to-dot mosquito bites this summer. Isabella Smith has come up with a genius Eau de Cologne that makes you smell pretty irresistible to humans - but not to mosquitos. The active ingredient is non-toxic and protects for four hours. Choose from Citronelle, Floral or Epices, available at www.roullierwhite.com.

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Dyeing to go organic

Most women have, at some point in their lives, tried dyeing their hair. But the process isn't just messy - it's also damaging to your health and the environment. We look at the eco dye alternatives and find they've come a long way since the days of henna.

They say blondes have all the fun, but after sitting for hours with tin foil stuck to your head and the stench of ammonia filling your nostrils, you can get the feeling that being blonde - or making yourself into one - might be just a tad overrated.

Women have been dyeing their hair for centuries - the Cleopatras of yore reportedly used indigo, turmeric and black walnut hulls to achieve their desired colouring - but when chemicals were introduced into hair dyes last century to keep the colours 'permanent', things started to go a bit awry.

Any woman who's ever dyed her own locks or had them treated at a salon knows that the process is a liberating confirmation of identity, allowing women to convert themselves from blonde bombshell to redheaded siren in a matter of hours.

But dyeing your hair can stink, in more ways than one. Not only can the dyes cause redness, swelling, and skin sensitivity, but regular use can increase the risk of non-Hodgkins lymphoma, leukaemia, arthritis and cancer - in some cases, by as much as 60%.

And all that dye doesn't just sit on your head creating health problems - it gets washed away into our waterstreams, introducing carcinogens and petrochemicals into our water supply and environment. Luckily, there are eco-friendly alternatives to conventional dyes - and what's more, they don't cost a penny more than what you're used to.

Dangerous Dyes

Forty per cent of British women regularly dye their hair, according to the Cosmetic Toiletry and Perfumery Association (CTPA), resulting in a £220 million industry that increases year on year. While the dyes contain a variety of ingredients, over half of which are 'sensitisers' (allergy inducing), according to the EU's Scientific Committee, most of the health problems associated with hairdye come from one niggling ingredient - P-Phenylenediamine (PPD) - an aromatic amine in almost every dye on the market.

PPD is most often associated with allergic reactions - like swelling, puffiness and constricted breathing - and are the reason that patch tests are necessary before dying one's hair. It's more concentrated in darker dyes, lending to health warnings that women who use dark hair dyes are 50-70% more likely to develop follicular lymphoma, a non-aggressive blood cancer, according to a recent study in the American Journal of Epidemiology.

So why aren't these chemicals banned? Because there hasn't been enough consistent research to discover just how consistently dangerous they are. While some European countries have banned the use of some of those chemicals, including PPD, their use in hair dyes is still accepted under European legislation - and they're even present in many natural dyes, including henna.

The main issue seems to be finding alternatives. According to the CTPA, PPD can't yet be replaced as "nothing else is as effective or as safe".

Even organic hair colourists agree. Elaine Warriner of Herb UK, the umbrella organisation of natural dyes Organic Colour Systems and Tints of Nature, concedes: "The way the science is set up right now, you do need PPD's to permanently colour the hair."

But you do so at your own risk, says a mole at University of Leeds' Department of Colour Science who wishes to remain anonymous.

"The textile industry wouldn't dream of touching these chemicals and it's a scandal that the hair industry still does," he says.

"You can become disfigured for the rest of your life if you react to PPD - and that's the reason why I don't let the women in my family dye their hair."

Alternatives

But until the hair colour industry discovers chemical-free alternatives to a process that helps boost many women's self-esteem, follicle fanatics can opt for ranges that use fewer chemicals than conventional dyes - and Herb UK's range could be one to try.

Not only are there far fewer PPDs in their hair dyes, but Herb UK's colourings are free of parabens, ammonia and animal testing. They're jam-packed instead with aloe vera, chamomile, orange and grapefruit. And, says Elaine, they're about as natural as you can get.

"There's an EU limit of 6% of PPD in hair dye," she explains, "but we have an average of 0.6% in ours, as we try to use as little as possible."

It sounded good, so I went to just one of many salons across the UK that are starting to stock organic alternatives. Could this dye compare to my normal colouring?

In a word: yes. Karine Jackson, the founder of Karine Jackson Hair & Beauty in London, whipped up a blend of golden and chestnut colours for me while explaining that she's been using Organic Colour Systems dyes for the past 18 months - and she's definitely not turning back.

"It all started when one of my clients, who had had cancer, asked me to look into organic hair dyes," she tells me while applying my fennel and liquorice-scented highlights.

"I tried a number of ranges that weren't quite right, but I really love Organic Colour Systems, and now about 80% of my clients are treated with it.

"As for my new clients," she winks, "I don't even bother giving them the option: I just give them organic."

Karine was impressed by the fact that the colour lasts just as long as conventional dyes. And with a comparable cost - the price is the same for conventional or organic dye - there's no better reason to try it out.

"People rave about how glossy and soft their hair is after colouring," says Karine as she holds up a mirror. And after my shampoo and blow-dry, I can see why: my hair is shiny, a beautiful melange of golden tones, and smells of spring flowers.

Herb UK's even got a range that can be applied at home - Tints of Nature - with all the same salon benefits, provided you're a regular at doing your own. So, ladies, it seems like the days of tin foil and smelly locks are gone for good - as long as we women keep our tresses organic.

:: Organic Colour Systems from Herb UK is available at selected salons nationwide and Tints of Nature is available to buy for home purchase. Go to www.Hebraic.co.uk for details.

Kate Hodal

50-70% of women are more likely to develop follicular lymphoma, a non-aggressive blood cancer while using darker hair dyes. (Photo: Press Association)

WIN

A Weber gas bbq worth €650

The Portugal News / Moveison BBQ Readers Competition

The weather has settled and the hot days of summer are now on their way and we are all dusting off our BBQs to start Alfresco cookery. **The Portugal News,** in conjunction **with Moveison, Algarve's Finest Outdoor Living Store** are offering you the chance to win a brand new **Weber gas bbq worth €650.**

The **Weber Sprit E210** is quite simply the finest entry level full size gas bbq on the market. The combination of a compact design and 26,000 BTU-per-hour input - courtesy of two stainless steel burners make this grill a star!

Moveison are offering this brand new BBQ as the prize to our competition to celebrate the fact they are the only Weber Authorised stockist in the Western Algarve. In store they have created a fully stocked outdoor living shop worthy of the title "Algarve's Finest" where you can buy the full range of quality branded gas and charcoal BBQs, High quality outdoor furniture from suppliers such as Cane-line, 4 Seasons, Emu and Alexander Rose, Shading solutions, Quality acrylic and polycarbonate glassware, decorative accessories and outdoor wall art. Moveison is situated on the EN 125 just east of Lagos very close to junction 2 of the A22. tel: 00351 282 798 101. Visit their website www.moveison.com to view their full ranges.

Simply correctly answer the question below and send your in your e-mail to win the Gas Barbecue.

How many stainless steel burners does the Weber Spirit E210 Gas BBQ have?

A: 1
B: 2
C: 3

E-mail prize@the-news.net

with your answer, name, phone number and we will select at random a reader with a correct answer. **Good Luck!!!**

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Lesotho Calling!

… an up-date into Jill Kinsey's work at Semonkong.

Many regular readers will know Jill Kinsey, a former resident in Portugal and now a missionary in Lesotho, Africa, where she has set up a Children's Home, mainly for orphans of AIDS victims, but also for other children in need.

Pulane

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Visit my website at www.freewebs.com/semonkongchildrenscentre or email jill@leo.co.ls

I had the opportunity to visit Jill in April this year and had offered to do a few DIY jobs whilst I was there. I knew that they were hoping to erect a cross at their church and needed windows replacing in the church building. When we went to get wood for the cross and came back with two telegraph poles, I suddenly realised just how big the cross was to be! There are about 70 children now in the home at Semonkong and most of them helped by collecting rocks to build the base for the cross. They were like a colony of ants, all rushing off in different directions and bringing back rocks of various sizes depending on their own size! The cross was built and can now be seen for miles around, as it stands proud on the highest point of land at the Semonkong settlement.

During my visit, I was able to meet many of the children, all very special, but just one or two especially touched my heart. One of these was Anacletta, a child of about 12 years, suffering from cerebral palsy. Wheelchair bound, she had been looked after at home by her mother, but one day her mother had asked a neighbour to keep an eye on Anacletta whilst she went out, and the mother had never returned. I am not sure what would have happened to that little girl, if Jill's home had not been there to take her in. All the children were excited to wake up and find snow had fallen one day during my stay!

Jill has now officially handed over the running of the Semonkong home to her daughter, Tara, and son-in-law, Patrick. They have moved with their three young children, "lock, stock and barrel" from Holland. This has made it possible for Jill to concentrate on a new home due to be established at Pulane, an eight hour journey away, along very rough tracks much of the time. Permission has been granted by the authorities for this new venture to be set up. However, it all has to be legalised and until this is done, there is a limit as to how much work can be started at Pulane.

The new site is set on two levels and was formally used by an agricultural charity, who planted two million trees and dug out many springs to provide water. At present, there are no other utilities on site. To say that the existing buildings are "derelict" would be an understatement… the windows, doors fittings and anything else that was usable has been looted, including the roofs. As soon as the legal papers have been completed, the practical work can begin. Money will be needed!

Jill is never one to sit idle! With the help of her assistant, Grant, she has already started a "Shepherd's School" at Pulane. Similar to the one running at Semonkong, there is an evening school, which offers the shepherd boys a meal when they return from a day with their stock. After they have eaten, they are taught to read and write and do simple mathematics. Without this, these children would never have any education. They are very enthusiastic!

If you would like to hear more about my visit to Lesotho, there will be a presentation at the International Community Church in Lagos on Wednesday July 2nd at 8pm.. Later in the autumn, there will be a further presentation at the International Church of the Algarve in Vale Judeu.

John Rhodes TM: 966 713 115

Collecting rocks for the cross base

Compassion for the Lesotho Aids orphans recap

Jill Kinsey is a missionary with a heart for the destitute, especially children.

In February 2006, under the authority of the Lesotho Methodist Church, Jill officially opened a Children's Centre in Semonkong, to alleviate the suffering of the 2,000 AIDS orphans in the area.

Initially 21 of the most desperate orphans, between the ages of 6 and 14 years, were given a place to live. The centre currently has around 70 children living in. One is just a young baby, who we unfortunately suspect to be HIV infected.

The Centre is always growing in numbers, and is always in need of help. They also have a shepherd school with 43 boys who learn in the evenings after their flocks are away.

Semonkong consists of 84 rural villages in Lesotho, Southern Africa. The Centre has a desire to keep orphans within their own communities, only children in dire need will be brought into live in care. Sadly, such children do exist. Child-headed households continue to grow and they are extremely vulnerable units. These children need to find secure homes.

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Photos: Press Association

How to avoid 'summer-itis'

After a long winter, a blast of the sun is all it takes to inspire millions to rush out to take exercise, enjoy sport and tackle DIY. All too often it can end in tears if over-enthusiasm, lack of fitness or bad luck leads to injuries. Follow our guide to staying safe this summer.

Summer's on its way, when the better weather and all that sport on the telly inspires us to get out there and get active - but all too often it can end in tears.

Nearly a quarter of UK adults will pick up their trainers, dig out their tracksuits and take up an activity after watching a major sporting event, such as Wimbledon, Euro 2008, or the Olympics, according to research for Crampex, the muscle cramp treatment.

While an online survey last year revealed that around 50% of British holidaymakers took part in a spontaneous, dangerous activities like kite surfing or bungee jumping while abroad.

But sudden exercise - especially after an inactive winter - can result in injuries, either niggling or serious, that derail an attempt to gain seasonal fitness and ruin summer fun.

"People coming in with a host of leisure-related injuries and saying 'I haven't done any sport or exercise for ages...' is incredibly common in the summer months," says personal trainer Kristoph Thompson.

"Trainers and physios call it 'summer-itis' where people go crazy when they see a bit of sunshine, completely disregard or are ignorant of their fitness level, and throw themselves into sudden activity. They're then surprised and shocked when it goes wrong and they suffer pain and injury."

Injuries range from minor strains and sprains through to torn tendons or ligament damage which can take months to heal, and at worst leave a permanent weakness.

Vanity probably plays a large part, because many of us - perhaps hoping to emulate young sporting heroes - are reluctant to recognise that our own fitness levels may have declined over the years.

It's a fact that the ageing process takes its toll on bone density, muscle strength and flexibility. So our fitness ability naturally deteriorates, although by continuing to exercise regularly - with the emphasis on regular - we can slow down, or even reverse the deterioration.

Alan Watson is a chartered physiotherapist with the BiMal medical clinic at the Hogarth Health Club in London (www.thehogarth.co.uk). He says: "Many people assume that the fitness level they enjoyed last summer will miraculously have remained the same.

"There's also a common misconception that despite ageing, our bodies will spring back to fitness as quickly as they did when we were young. Unfortunately, it takes a lot more effort to achieve that as the years go by!"

Crampex's poll of 4,000 Brits revealed that a new exercise regime increases injury, with muscle cramp, pulled muscles, back ache and sore knees the most common complaints.

More than 30% of those quizzed pulled muscles, 29% suffered backache, 27% complained of sore knees and nearly 17% sprained or twisted ankles - half of all ankle sprains happen during sport, they are especially common in sports that involve running and jumping, fast changes in direction or lots of stop-starts - and nearly 8% tore ligaments.

But sports enthusiasts aren't the only ones at risk from seasonal injuries - with keen gardeners and DIYers among those who can pay the price for over-enthusiastic activity.

Gabrielle Fagan

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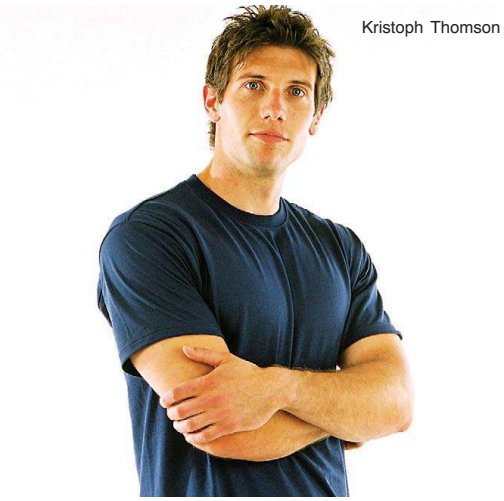

Kristoph Thomson

What Can I Do To Avoid Injury?

• Get Smart & Prepare:

See your GP first if you are starting a new fitness plan and have not recently exercised.

Kristoph Thompson, sport spokesman for Crampex adds: "If you think you're likely to get swept up in sporting enthusiasm in the months to come, try to do a small amount of preparation ahead of time.

"Even just a couple of brisk walks a week, or some low-impact exercise like swimming or cycling will help to get your body moving and enable those muscles to stretch and loosen."

He also advises yoga or Pilates to improve suppleness and posture.

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Am I at Risk?

If any of the following apply to you, follow the guide below before rushing out to exercise.

:: I've been a 'couch potato' all winter/find the gym boring and rarely go/only like exercising outdoors in good weather.

:: I've put on weight and think taking up sport again will be a good way to lose it.

:: I warm up by doing a bit of stretching for about a minute and test to see I'm ready by bending down to touch my toes.

:: I played lots of sport at school, and just rely on my good techniques and skill to help me stay free of injury when I occasionally play in the summer.

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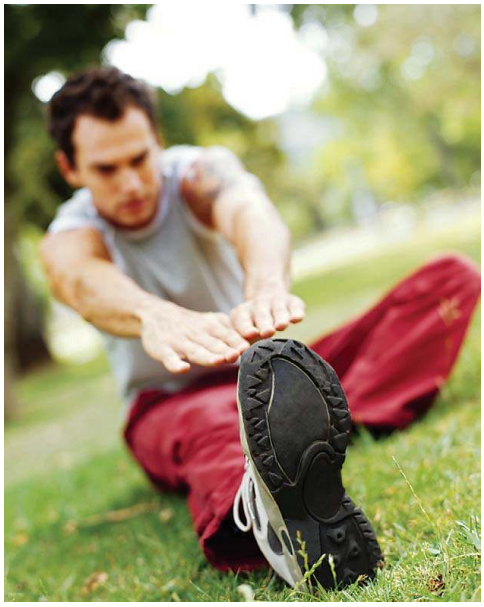

• Warm Up & Cool Down:

Alan Watson says: "It's quite common to be told, especially by men, that they feel embarrassed to stretch or warm up before taking part in sport or doing an activity. They worry that it looks as though they're taking themselves too seriously, and they feel inhibited by that.

"That's a great shame because it can really help to avoid an injury. It's worth arriving early to do a warm up and even doing a warm up before doing strenuous gardening or demanding DIY."

He advises warming up for at least 10 minutes by exercising muscles for a few minutes at a steady pace, before gradually increasing to a brisk pace. This will increase the blood flow to your muscles, making them more flexible, and reducing the risk of muscle strains.

However, to avoid injury, it is important that you only stretch when your muscles are warm.

He says: "It's sensible to relate your warm-up to the sport you're going to take part in. So if it's tennis, run around the perimeter of court before you start, then slowly start hitting the ball, and move on to practising the swing and the serve - gradually building up the power."

He adds: "When you have finished exercising, make sure you take time to cool down properly. After a work out or session spend five to ten minutes doing gentle exercises, such as jogging or walking, until your heart rate returns to normal.

"A gentle cool down helps with the removal of waste products from the muscles you have used and their replacement with nutrients and oxygen. This should leave you with less muscle stiffness and soreness after your exercise."

• Watch The Weight:

Watson says: "Few people recognise that weight gain will affect the performance of muscles. If someone has put weight on the stomach - as common in men - it limits the function of the abdominal muscles and in turn strains the back.

"If someone had to run upstairs holding a 10kg weight (around 20lbs) in their arms they'd expect to strain and pant a bit. But that's probably an average man's weight gain over the years which he won't take into account when taking part in sport."

He advises ditching the outdated test for fitness - bending over to touch the toes. "It used to be the acid test of fitness but actually it only relates to the flexibility of the back and hamstring muscles.

"Instead, doing a brisk walk or short run and checking how you feel - if you're panting, out of breath and sweating - is a much better guide."

• Don't Over-Do It:

Kristoph Thompson says: "If you're taking part in sport after a long break or trying out a new activity do limit yourself to a short session.

"Be realistic and honest with yourself about what you can achieve, you can increase your activity as you become fitter. But start slowly and don't attempt to match the pace of experienced players."

The tissues of the body, such as tendons, muscles, skin and joints need to adapt to the demands that exercise is putting on them. Starting at a high intensity will overload the tissues and lead to injury.

Instead he says: "Limit yourself to around 20 minutes to half an hour for a first session even if you feel fine while playing or exercising. That way you'll avoid exhaustion which is when you're most at risk of injury."

He points out that aches and pains may only be obvious later that day or some days afterwards. "Listen to your body and if you feel pain while exercising, stop. Never play through the pain - as you can make the injury worse."

If you still feel pain a few days after exercising and it's not improving seek help from a doctor or physio before resuming exercise.

• Rehydrate & Rest

Watson advises: "It's essential, especially if you're exercising during hot weather, to drink plenty of water. Dehydration can reduce your physical and mental fitness."

Dehydrated body tissues are much less elastic and don't absorb the stresses of exercise so well, and can result in an overuse injury.

Also, avoid exercising if you've slept badly the previous night or had a late night out on the town. Your energy levels will be low and co-ordination and reaction times will suffer leaving you more at risk of injury.

• Get The Gear

Protective equipment, such as cricket boxes, shin pads and gloves, are essential in some sports, particularly activities that involve person to person contact.

If needed, protective headgear will protect the skull and the brain from injuries caused by knocks to the head and reduce the risk of serious head injuries.

Always choose the right footwear to provide support and protection for your feet.

• Crampex, for prevention and treatment of muscle cramp, costs £4.29 (€5.44) for a pack of 24 tablets.

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At least we are, if we can afford the fares charged by Orient Express. And what really knocks your socks off, our group of travellers agree, is the sheer childish thrill of lying in bed on a train, just a few feet above the tracks, as it rolls onwards through the night into a dark, unknown, mysterious landscape.

In fact I've woken long before the Asian dawn partly to relish the experience of watching the full orange moon and the stars beyond my window and partly to be ready to see daybreak from the observation cars as we journey on towards Bangkok.

It does not disappoint. It is not just the strange splendours of the scenery - the brilliant green paddy fields, the water lily-covered ponds, the distant smoky mountains - it's the storks and egrets catching their breakfasts, the water buffalos lumbering into action, the cyclists who wave as they wait at the crossings on their way to work, all the homes on stilts with their lovingly-tended household shrines.

We are on the inaugural run of a new journey by the Eastern and Oriental Express from the Laos border down to Bangkok, and the excitement has been palpable from the moment the guard waved his flag at Nong Khai station. We raised our champagne glasses in salute as the great locomotive that was to pull the 22 carriages, with their distinctive green and cream livery, slowly drew away from the platform.

The new Eurostar might be all about the speed, but here in South East Asia the whole point is to travel at a more leisurely pace, the better to savour the surroundings.

So our train does not hurtle along, it progresses at an average, stately, 40mph and because much of the trip is along a single track there is a certain amount of stopping and waiting in a siding for the up-train to come past.

The narrowness of the carriages also means there is a strong sense of being in the heart of the place: at times the fronds of trees even brush into the open sides of the observation car.

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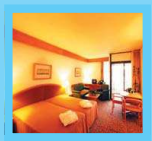

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Passengers enjoying the entertainment in the bar car, Eastern & Oriental Express

Passengers compartment converted into "evening setting" bedroom, Eastern & Oriental Express.

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spongy and hence more bumpy. If anything though, this enhances the experience: a little gentle bumping is far more atmospheric than a flawless glide.

By contrast, inside the train everything is lavish and gorgeous: the last-word in luxury is, after all, what people are paying for. The interiors, by the same team who worked on sister train the Venice Simplon Orient Express, use wooden marquetry veneers, Chinese and Thai lacquer, Malaysian motifs, wall carvings, engraved mirrors and hand-embroidered silks.

As well as the sleeping compartments, which come in three styles and sizes - the Pullman, the State and the residential - there are two restaurant cars, a bar car with pianist, and a saloon car with reading area and tiny boutique selling themed trinkets.

There are 40 local and European staff to look after the 132 passengers.

After the send-off champagne we take afternoon tea in our compartments, then it's back to the observation car to watch the sun go down, smell the woodsmoke and jasmine from outside mingling with the expensive scents worn by fellow guests and watch the moon ascend into the warm tropical night.

Someone points out that here the Man in the Moon is known as the Rabbit in the Moon: legend has it that the rabbit sacrificed itself to save the fasting - and starving - Buddha who then immortalised it in the heavens.

After a shower in the small but perfectly formed en-suite bathroom and a pampering with the posh Bulgari toiletries, it's dinner with everyone dressed to the nines for a feast that combines the flavours of East and West. Entertainment comes in the form of traditional Thai dancers.

While we've been enjoying ourselves our stewards have been transforming the 'day setting' of our compartments into welcoming bedrooms. In the morning they bring us breakfast and reverse the process before we make our way slowly into the teeming heart of Bangkok.

Progress here is slow as the train must often wait to let the rush hour traffic cross the rails. As we edge past shanty towns I can't help but wonder what the people who live there must think of this manifestation of consumption at its most conspicuous.

Bangkok was where our journey originally began. This was only the last leg of a trip which included three days in Thailand's capital and three days in Laos's capital Vientiane.

The two cities make a fascinating contrast: Bangkok bustling, vibrant, proudly monarchist, a riot of colour and noise and round-the-clock activity; Vientiane is softer, sleepier, once French-colonial, now firmly Communist cousin.

Laos must be one of the few countries in the world to have no railway system. So we actually needed to take a ten-minute drive from Vientiane, and to go across the border via the Friendship Bridge over the mighty Mekong river in order to catch our train.

Plans are afoot to change this before long, and to build another bridge which will enable Eastern and Oriental Express to directly link the two cities. It offers a quite unique perspective of the Far East in the 21st century.

Liz Gill

TRAVEL FACTS

• Liz Gill was a guest of Kuoni Travel which offers seven nights in the Far East - three at the Shangri-La Bangkok (www.shangri-la.com) in the Krungthep Wing, three at the Settha Palace Vientiane (www.setthapalace.com) and one aboard the Eastern & Oriental Express (www.orient-express.com) from Vientiane to Bangkok from £3,262. (€4,132.)
Package (two sharing) includes half board and flights with EVA Air (www.evaair.com) in Premium Laurel Business Class ex-Heathrow. With economy flights, prices start at £2,107. (€2,669.)
Kuoni reservations: 01306 747 008/www.kuoni.co.uk.
•Other Eastern and Oriental Express itineraries include two nights Bangkok-Singapore, three nights Bangkok-Singapore via the Malay Peninsula and a three-night Bangkok-Chiang Mai round trip in North Thailand.
Orient Express information: 0845 077 2222/www.orient-express.com
•Additional images of Eastern Orient Express are available from Lisa Sharland at Orient Express Hotels, Trains and Cruises on +44 (0)207 921 4064 or by email to lisa.sharland@orient-express.com
Kuoni Travel PR Travel Manager is Anne-Marie Hansen on +44 (0)1306 744 173 or by email to anne-marie.hansen@kuoni.co.uk

Things to see and do in:

Bangkok

• Take a longtail boat along the canals and understand why it's been called the Venice of the East. Watch the water teeming with catfish - feeding them is a local pastime.

• See the massive 50-ft long Reclining Buddha in the temple at Wat Po with the 108 auspicious signs on his mother-of-pearl feet.

• Visit the astonishing Grand Palace complex, the kingdom's seat of power and spiritual heart.

•Shop till you drop in the malls or the night markets. Bargain for fake jewellery, handbags and fashions - or lash out on the real thing.

• Have a Thai massage somewhere swanky like the Chi Spa at the Shangri-La hotel which will tailor treatments to your personality or as the locals do at the massage school in the Wat Po precinct.

Vientiane

• Climb the Arc de Triomphe-inspired Patuxai Monument for a fine view of the city.

• Visit the Great Sacred Stupa at That Luang, the national place of pilgrimage.

• See beautiful antique textiles in the Textile Museum, then buy new ones for a few dollars in the market or for lots of dollars from specialist Carol Cassidy's weaving workshop.

• Walk the bustling quayside and then take a dinner cruise on the Mekong to the city from the water.

• Have a Laotian massage at Papaya Spa and be stretched, pulled and twisted by tiny women strong as oxen.

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LIVE MUSIC

Afro beat

The summer has truly arrived, and what better way to celebrate the warmer nights, with a live outdoor concert, featuring Afro-beat band Cacique 97 at the fundação Gulbenkian in Lisbon from 9.30pm. Call 21 782 3000.

FESTIVALS

Super Bock Super Rock Porto

Super Bock Super Rock is a rock festival created in 1994 and has attracted many stars since that time. This year, the first part of the festival will take place at Parque da Cidade in Oporto, which opens from 5pm, featuring the following line up:

July 4th: ZZ Top; Crowded House; Love & Rockets; Xutos e Pontapés; David Fonseca. July 5th: Jamiroquai; Morcheeba; Clã; Jorge Palma; Brand New Heavies; Paolo Nutini; Sexy Sound System.

Tickets: €35 - €80.

ALLGARVE Jazz

A concert by Maria João and Mário Laginha celebrating Maria's 25 years in the business will the held in Sagres on July 6th. Promoting Sagres, a truly unique destination where nature, the ocean and a rich historical heritage come together and led to the creation of PromoSagres, a non-profit business association whose objective is to bring a new dynamic to the region by attracting year-round, high-quality tourism while preserving the essence of the area by promoting sustainable growth. The concert is sponsoured by Barclays Bank and Sagres Town Hall, and will feature musicians:

Maria João – voice
Mário Laginha – piano
Julian Arguelles – saxofone
Bernardo Moreira – bass
Alexandre Frazão – drums
Vicky – percussion

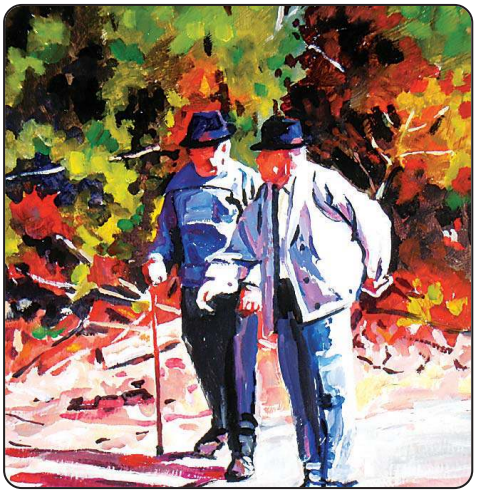
Tickets are €25.

WhiteCrow

WhiteCrow will be holding a concert at Poppy's restaurant in Vale Del Rei, Carvoeiro in Lagoa on **Sunday, June 29th** from 8.30pm and will be playing Blues, Delta Blues, Clapton, Dylan and Stones covers with special guest singer/songwriter Lona Knight. WhiteCrow are a newly formed band consisting of two very experienced guitarist, Barney White, a guitar teacher in Carvoeiro and Nigel Crowson, who also plays guitar with Klonakilty Irish band. Nigel and Barney have teamed up and the result is excellent entertainment, all played 100% live with no drum machines or backing track music.

For reservations call 282 381 374 or 962 564 506.

FINE ART



Clive Cook

An exhibition of watercolours and oils by Clive Cook at the Slave Market gallery in Lagos. The inauguration will commence at 6.30pm, on Tuesday 1st July, refreshments will be served and Chris Atcherley will play jazz guitar.

The exhibition will last until 10th July and will be open from 11am-9pm.

The work in this exhibition represents Clive's experiences and observations during his life in Portugal over the last 26 years. The unique treatments of his subjects demonstrate a keen understanding of Portugal, its special light and people, both in the cities and the coastal and rural environment where he lives. Clive's work can be previewed at his website clivecookpaintings.com

Clive was born in 1955 in Chorley, Lancashire, England. He studied at Hammersmith school of art and design London and Trent University, Nottingham. He arrived in Portugal in 1982 and lives in Figueira, Vila do Bispo, where his Private Gallery can be found.

Futher details of the exhibition can be obtained by calling 282 695 446 or 916 720 981.

CINEMA

Horton Hears a Who

A story of Dr. Seuss' tale of elephant Horton answering the call to protect a speck of dust that harbors the tiny world and populace of Whoville by Disney. The film will be dubbed in Portuguese and will shown in São Brás de Alportel on **June 28th** at the Ganinete de Apoio e Encaminhamento Escolar, on Rua 5 de Outubro. Call 289 842 455.

Enchanted

Disney movie will be dubbed in Portuguese for the little ones at Lagoa Auditorium from 3pm on **June 29.** Entrance is €1,50.

DANCE

Boxnova

Renowned choreografes is holding her own night on **June 28th** with her show Boxnova – Be in La La Land One Solo For Me. The young dancer will test her skills to the limit in a public production, designed to stimulate the general publics mind. Tickets are €4 at the Belém Cultural Centre from 7pm.

ON GOING EXHIBITIONS

ON GOING ON GOING

ALGARVE

Until June 30 – Oils and acrlics by **David Haines** and watercolour by **Moira G Maguire** as well as art work by N.E.C.I - the centre for physicaly and mentaly handicaped young people in Luz – exhibition at Lagos Slaves Market from 9am until late. 10% of moneies raise will go towards the institution.

Until July 26th – Three simultaneous **Finisterra** exhibitions at Loulé (galleria Espírito Santo), Almancil (Centro Cultural São Lourenço) and Vale do Lobo gallery, presenting projects by **André Banha, Gonçalo Sena, Hugo Canoilas, Lúcia Prancha, Luís Nobre, Pedro Gomes** and **Renata Sancho.** Call 289 395 475.

Until July 31st – Graphite drawings on paper bby **Jorge Martins** at gallery TREM in Faro. Call 289 804 197.

LISBON

Until July 6th – Artifacts dating back to IX – XIX centuries on display from the **Aga Khan Museum** at Fundação Calouste Gulbenkian in Lisbon. Entrance €4. Call 217 823 000.

Until July 27th – Photographic collection as seen at **PhotoEspaña 2008** at Colecção Berardo in Lisbon.

Until July 31st – Painting exhibition by various artists shown at exhibition **Lisboarte As Flores e as Cinzas** at Galeria 111 Urbano in Lisbon. Call 217 817 907.

Until July 31st – Tongue-twiter exhibition commissioned by **Joana Neves**, featuring **Alexander Gutke, Detanico & Lain, Diogo Pimentão, Gyan Panchal, Mariana Satunino, Paul Harrison & John Wood, Ricardo Jacinto** at gallery Veracotês in Lisbon. Call 213 950 177.

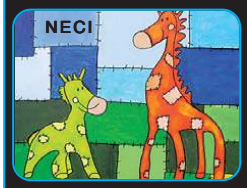
Until July 31st – Paintings by **Mary St George** at Casa Mantero library in Sintra. Opening on July 4th from 7pm.

OPORTO

Until July 13th – Sound works and record covers by visual artists from **Jean Dubuffet** to **Andy Warhol** at Museum Serralves in Oporto. Call 226 156 500.

Until July 13th – A series of video images by **Anne-Lise Coste, Tatjana Doll** and **Erik Van Leishout** about Institutional and Poetic Violence at Museum Serralves in Oporto. Call 226 156 500.

Until July 31st – Photography by **Samuel Rama Magma** at Galeria 111 in Oporto. Call 226 093 279.



Send your exhibition listing to copy the-news.net with dates, name of the artists and exhibition location by Tuesday before publication.

events which are cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

LIVE CONCERTS

Tokio Hotel

Tokio Hotel is a German band founded in Magdeburg, Germany in 2001 by guitarist Tom Kaulitz and singer Bill Kaulitz, drummer Gustav Schäfer and bassist Georg Listing. The quartet has scored four number one singles and has released two number one albums in their native Germany, selling nearly three million CDs and DVDs there. They will be performing at Pavilhão do Atlântico in Lisbon on June 29th from 7.30pm. Tickets: €28 - €40.

Herbie Hancock - Allgarve

Herbert Jeffrey Hancock is an Academy Award and Grammy award-winning American jazz pianist and composer. He embraces elements of rock and soul while adopting freer stylistic elements from jazz. See him live at Largo do Monumento Duarte Pacheco in Loulé on **July 5th** from **10pm.** Tickets: €30.

Rita Lee

Rita Lee is a Brazilian rock singer and composer who has been recording since 1968, starting out in the band Os Mutantes. Rita Lee continues to be a popular figure in Brazilian entertainment, where she is also known by being an animal rights activist and a vegetarian. See her at the Lisbon Coliseu on **July 1st** from 9.30pm. Tickets: €33.50.

James Blunt

James Blunt is an English singer-songwriter whose debut album, Back to Bedlam, and single releases - especially the number one hit 'You're Beautiful' - brought him to fame in 2005. His style is a mix of pop, rock and folk. Along with vocals, James Blunt performs a variety of instruments, including piano and guitar.

He won two BRIT Awards and two Ivor Novello Awards, and was nominated for five Grammy Awards in 2006. James subsequently released his second album, *All The Lost Souls*, in 2007; this album was certified gold within its first week of release. The first single from his second album, '1973', was Blunt's first Global Number 1 in October 2007, beating 'You're Beautiful' which peaked at Number 2 in the United World Chart.

See the chart topper at Lisbon's Campo Pequeno on July 4th. Tickets: €32.50 - €37.50.

Lucky Peterson - Allgarve

Lucky Peterson is an American musician who plays contemporary blues, fusing soul, R&B, gospel and rock and roll. He plays guitar and keyboards and will be performing at Alvor Restinga Stadium as part of the Allgarve initiative on **July 4th** from **10pm**. Tickets: €25.

CAR BOOT SALES

Saturday, June 28th – Estômbar, fairgrounds.
Saturday, June 28th – Monte Gordo, near tourism board.
Sunday, June 29th – Lagoa, Fatacil.
Sunday, June 29th – Quelfes, in Olhão.

MARKETS

Saturday, June 28th – Lagos, Azinhal, near primary school.
Saturday, June 28th – Loulé, facing the St António convent.
Saturday, June 28th – São Brás de Alportel.
Saturday, June 28th – Tunes.
Sunday, June 29th – Quelfes, in Olhão.

COMING SOON MUSIC EVENTS COMING SOON COMING SOON

Your weekly guide to the best summer festivals coming your way...

Music Festivals

JULY

Super Bock Super Rock Lisboa – Parque Tejo in Lisbon from 5pm. July 9th: Iron Maiden; Slayer; Avenged Sevenfold; Rose Tatoo; Lauren Harris; Tara Perdida. July 10th: Beck; Mika; Duran Duran; Digitalism; Mesa & Rui Reining; Tiesto. Tickets: €40 - €80.

Festival Oeiras Alive! – Passeio Marítimo de Algés. July 10th: Rage Against The Machine; Spiritualized; Gogol Bordello; The Hives; Cansei de Ser Sexy; The National; MGMT; Vampire Weekend; Galactic; Sons of Albion; Hercules and Love Affair; DJ Peaches; Vibe; Boys Noise. July 11th: Bob Dylan; Within Temptation; Nouvelle Vague; The John Butler Trio; Uffie & Feadz; Mehdi; SebastiAn; Vicarious Bliss; MR Flash; Krazy Baldhead; Busy P. July 12th: Neil Young; Ben Harper & The Innocent Criminals; Donavon Frankenreiter; The Gossip; Xavier Rudd; Roisin Murphy; MSTRKRFT Tickets: €45 - €80.

Festival Marés Vivas – July 17th – 19th at Gaia, Praia do Areinho. July 17th: Peter Murphy; Shout Out Louds; Tara Perdida; Klepth. July 18th: The Prodigy, Da Weasel, Classificados. July 19th: James + Macy Gray + Riders On The Storm (The Doors) Tickets: €15 - €35.

Festival Músicas do Mundo – July 17th – July 26th in Sines. July 17th: Bassekou Kouyate. July 18th: Hazmat Modine. July 23rd: Kasai Allstars; Justin Adams & Juldeh Camara. July 24th: Orchestra Baobab; Beirut; Marful; Lo Cör de La Plana. July 25th: KTU. July 26: Rokia Traoré; Erika Stucky.

Festival do Tejo – Lisboa Pólo Universitário do Alto da Ajuda. July 18th: Gentleman; Jah Cure; Bossa n' Stones; Jorge Palma & Os Demitidos ; David Fonseca; Trabalhadores do Comércio; Sons da Fala. July 19th: Adriana Calcanhotto; Mariza; Ana Carolina; Mart'nália; Clã; Rita Redshoes; Couple Coffee. July 20th: Patrice; Chiclete com Banana; Paulo Gonzo; Boss AC; Irmãos Verdade; Sam The Kid; Impactus 4. Tickets: €25 - €40.

AUGUST

Anti-Pop Music Festival – July 31st – August 3rd at Viana do Castelo Forte S. Tiago da Barra. July 31st: Josh Wink; Marco Carola; Gabriel Ananda; Expander; Full Metal Funk; Heartbreakerz; Henriq. Ticktes: €25 - €60. August 1st: Marc Houle; André Galuzzi; Ino & Grobas; Magazino; Miguel Rendeiro; Freshkitos; Modeselektor; Nuno F. August 2nd: Supermayer; Tiefschwarz; Mathew Jonson; Rui Vargas; Yen Sung; Ana Feel; Invaders. August 3rd: Sasse; Pedro Ricciardi.

Paredes de Coura – July 31st – August 3rd at Praia Fluvial do Tabuão. Tickets: €40 - €70. July 31: Sex Pistols; Mando Diao; The Wombats; The Mae-Shi. August 1st: Primal Scream; Editors; The Rakes; Two Gallants; The Long Blondes. August 2: Mars Volta, dEUS, The Pigeon Detectives, Wraygunn. August 3rd: Thievery Corporation; Caribou; Au Revoir Simone; Rodrigo Leão & Pedro Oliveira & Bernardo Devlin & Nuno Gonçalves & João Eleutério (tributo Joy Division). Tickets: €40 - €70.

Sudoeste – August 6th – 10th at Herdade da Casa Branca. August 6th: Tiefschwarz; Full Metal Funk; Pan Sorbe; Tiago Santos. August 7: Bjork; Dub Incorporation; Clã; Roy Paci & Aretuska; Balkan Beat Box; The Most Wanted; Souls Of Fire; La Fura Dels Baus; Stereo Addiction; Gui Borato; Zé Pedro Moura; Hugo Santana. August 8: The Chemical Brothers; Goldfrapp; The Dynamics; Cut Copy; Yael Naim; Rita Redshoes; La Fura Dels Baus; Rui Vargas; Sue Ellen; Magazino; Mary B. August 9: Vanessa da Mata; Make Model; Melee; Deolinda; Ziggi; La Fura Dels Baus; Kitten; Hedman; Moulinex & Xinobi. August 10: Franz Ferdinand; Fanfarlo; Junior Boys; Xutos & Pontapés & Orquestra de Metais do Hot Club; Jorge Palma; La Fura Dels Baus; Dezperados; Booka Shade; João Maria; Zé BeloTickets: €40 - €75.

Surf Fest – August 14th – 15th in Sagres. August 15th: Emir Kusturica; The No Smoking Orchestra. Tickets: €25 - €40.

Noites Ritual Rock – August 29th – 30th at Jardim do Palácio de Cristal in Oporto. August 29th: Sam The Kid + Tiago Bettencourt & Mantha + Micro Audio Waves. August 30th: Buraka Som Sistema + Linda Martini + Rita Redshoes. Entrance is free.

SEPTEMBER

Festa do Avante! – September 5th – 7th at Seixal (Amora) Quinta da Atalaia. Acts yet TBA.

Live Concerts

JULY

Herbie Hancock – July 5th in Loulé at Largo Monumento. Tickets: €30.

Dee Dee Bridgewater – July 11th at Albufeira Golfed a Balaia. Further info TBA.

Manhattan Transfer – July 12th in Portimão. Further info TBA.

Patti Austin – July 13th in Lagoa, Sítio das Fontes. Further info TBA.

Riders on The Storm (The Doors) – July 18th at Hotel Sheraton Pine Cliffs. Tickets: €35.

Lou Reed – July 19th at Lisbon Campo Pequeno. July 20th at Loulé Largo do Monumento Duarte Pacheco. Tickets: €30.

Caetano Veloso – July 25th at Gramde Real Stª Eulália Resort Hotel & Spa in Albufeira. Tickets: €30.

Diana Krall – July 29th at Albufeira in Marina. Tickets: €30.

AUGUST

Simply Red – August 1st at Albufeira Herdade dos Salgados. Tickets: €30.

Paolo Conte – August 8th at Lake Resort in Vilamoura. Tickets: €30.

Waterboys – August 11th at Quarteira Rugby site. Tickets: €30.

Camané, Mário Laginha & David Fonseca – August 14th at Hotel Tivoli Almoansor, Carvoeiro. Tickets: €25.

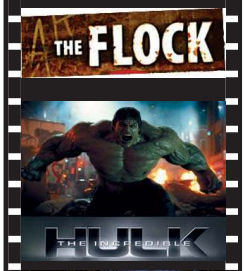
Rui Reininho – August 23rd in Jardim do Alte in Loulé. Tickets: €20.

Mariza & Convidados – August 29th at Loulé, Vale do Lobo. Tickets: €30.

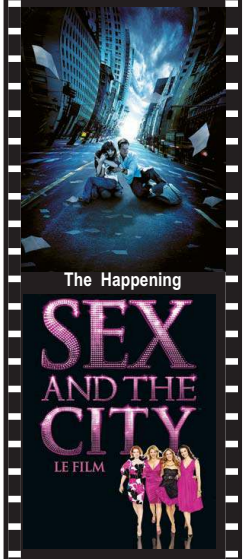
SEPTEMBER

Madonna – September 14th at Lisbon ela Vista Park. Tickets: €60.

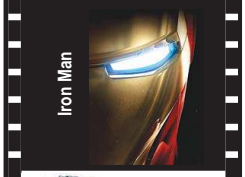
TICKETS Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglès, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: Ticketline 707 234 324



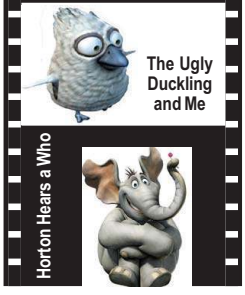
The Happening



Iron Man



The Ugly Duckling and Me



Horton Hears a Who

ALGARVE

SBC FORUM ALGARVE
TEL: 289 887 212
26 JUN-2 JUL

1
The Happening
Mark Wahlberg, Zooey Deschanel
13.10-15.20-17.40-19.50-22.00 (00.35 Fri & Sat)
Donkey Xote
Animation PV
(11.10 Sat & Sun)
2
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
13.25-16.10-18.55-21.40 (00.25 Fri & Sat)
3
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
(12.10 Sat & Sun) 15.10-18.10-21.10 (00.15 Fri & Sat)
4
The Incredible Hulk
Edward Norton, Liv Tyler
(11.30 Sat & Sun) 14.00-16.30-19.00-21.30 (00.10 Fri & Sat)
5
Speed Racer
Emile Hirsch, Christina Ricci
(11.20 Sat & Sun) 15.00-18.05-21.00 (23.55 Fri & Sat)
6
Death Defying Acts
Guy Pearce, Catherine Zeta-Jones
14.40-17.10-19.30-21.50 (00.20 Fri & Sat)
7
Made of Honor
Patrick Dempsey, Michelle Monaghan
(12.00 Sat & Sun) 14.20-16.40-19.00-21.20 (23.40 Fri & Sat)
8
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
14.15-19.25 (00.30 Fri & Sat)
Street Kings
Keanu Reeves, Forest Whitaker
16.45-21.55
9
El Orfanato
Belén Rueda, Fernando Cayo
15.05-17.25-19.45-22.10 (00.35 Fri & Sat)
The Ugly Duckling and Me
Animation PV
(10.00-12.15 Sat & Sun)

LUSOMUNDO VILAMOURA
TEL: 289 302 277
26 JUN-2 JUL

Lars and the Real Girl
Ryan Gosling, Emily Mortimer
15.30-18.30-21.30

CASTELLO LOPES CINEMAS ALGARVESHOPPING
TEL: 707 220 220
26 JUN-2 JUL

1
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
12.50-15.40-18.30-21.20 (00.10 Fri & Sat)
2
Speed Racer
Emile Hirsch, Christina Ricci
13.00-15.50-18.40-21.30 (00.20 Fri & Sat)
3
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
13.50-16.40-19.05-21.25 (23.45 Fri & Sat)
4
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
13.10-15.45-18.25-21.00 (23.40 Fri & Sat)
5
We Own the Night
Joaquin Phoenix, Mark Wahlberg
13.20-16.30-19.00-21.50 (00.15 Fri & Sat)
6
The Happening
Mark Wahlberg, Zooey Deschanel
13.05-15.05-17.10-19.15-21.15 (23.30 Fri & Sat)
7
Made of Honor
Patrick Dempsey, Michelle Monaghan
13.35-16.10-19.10-21.35 (23.55 Fri & Sat)
8
Death Defying Acts
Guy Pearce, Catherine Zeta-Jones
13.40-16.20-18.50-21.40 (00.00 Fri & Sat)
9
The Incredible Hulk
Edward Norton, Liv Tyler
13.30-16.00-18.45-21.10 (23.50 Fri & Sat)

CASTELLO LOPES CINEMAS PORTIMÃO
TEL: 707 220 220
26 JUN-2 JUL

1
Made of Honor
Patrick Dempsey, Michelle Monaghan
13.50-16.20-19.00-21.40 (00.00 Fri & Sat)
2
The Incredible Hulk
Edward Norton, Liv Tyler
13.45-16.15-18.55-21.20 (23.55 Fri & Sat)
3
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
13.40-16.10-18.40-21.10 (23.50 Fri & Sat)
4
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
13.20-16.00-18.45-21.30 (00.15 Fri & Sat)
5
The Happening
Mark Wahlberg, Zooey Deschanel
13.30-15.35-17.40-19.45-21.50 (00.05 Fri & Sat)
6
Speed Racer
Emile Hirsch, Christina Ricci
13.25-16.05-18.50-21.35 (00.20 Fri & Sat)

CENTRE

LUSOMUNDO ALMADA FORUM
TEL: 707 246362
26 JUN-2 JUL

Speed Racer
Emile Hirsch, Christina Ricci
Death Defying Acts
Guy Pearce, Catherine Zeta-Jones
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
The Incredible Hulk
Edward Norton, Liv Tyler
The Flock
Richard Gere, Claire Danes
Made of Honor
Patrick Dempsey, Michelle Monaghan
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Iron Man
Robert Downey Jr., Terrence Howard
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
The Happening
Mark Wahlberg, Zooey Deschanel
88 Minutes
Al Pacino, Amy Brenneman
21
Jim Sturgess, Kevin Spacey
Street Kings
Keanu Reeves, Forest Whitaker
Bee Movie - Animation PV

LUSOMUNDO ALVALÁXIA
TEL: 21 754 9000
26 JUN-2 JUL

Speed Racer
Emile Hirsch, Christina Ricci
Death Defying Acts
Guy Pearce, Catherine Zeta-Jones
Made of Honor
Patrick Dempsey, Michelle Monaghan
The Flock
Richard Gere, Claire Danes
The Happening
Mark Wahlberg, Zooey Deschanel
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
The Incredible Hulk
Edward Norton, Liv Tyler
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Iron Man
Robert Downey Jr., Terrence Howard
Street Kings
Keanu Reeves, Forest Whitaker
27 Dresses
Katherine Heigl, James Marsden

LUSOMUNDO AMOREIRAS
TEL: 707 246362
26 JUN-2 JUL

Death Defying Acts
Guy Pearce, Catherine Zeta-Jones
Made of Honor
Patrick Dempsey, Michelle Monaghan
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Horton Hears a Who
Animation PV
El Orfanato
Belén Rueda, Fernando Cayo
The Incredible Hulk
Edward Norton, Liv Tyler
What Happens in Vegas
Cameron Diaz, Ashton Kutcher

LUSOMUNDO CASCAISHOPPING
TEL: 707 246362
26 JUN-2 JUL

Speed Racer
Emile Hirsch, Christina Ricci
Death Defying Acts
Guy Pearce, Catherine Zeta-Jones
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
The Happening
Mark Wahlberg, Zooey Deschanel
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
The Ugly Duckling and Me
Animation PV
Made of Honor
Patrick Dempsey, Michelle Monaghan
The Incredible Hulk
Edward Norton, Liv Tyler

LUSOMUNDO COLOMBO
TEL: 707 246362
26 JUN-2 JUL

Speed Racer
Emile Hirsch, Christina Ricci
The Happening
Mark Wahlberg, Zooey Deschanel
Street Kings
Keanu Reeves, Forest Whitaker
El Orfanato
Belén Rueda, Fernando Cayo
Made of Honor
Patrick Dempsey, Michelle Monaghan
The Incredible Hulk
Edward Norton, Liv Tyler
Alvin and the Chipmunks
Jason Lee, David Cross PV
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
The Flock
Richard Gere, Claire Danes
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf

OV = Original Version
PV = Portuguese Version

LUSOMUNDO DOLCE VITA MIRAFLORES
TEL: 707 246362
26 JUN-2 JUL

Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
The Happening
Mark Wahlberg, Zooey Deschanel
Ratatouille
Animation PV
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
21
Jim Sturgess, Kevin Spacey

UCI CINEMAS EL CORTE INGLÉS
TEL: 707 23 22 21
26 JUN-2 JUL

Speed Racer
Emile Hirsch, Christina Ricci
Death Defying Acts
Guy Pearce, Catherine Zeta-Jones
Made of Honor
Patrick Dempsey, Michelle Monaghan
Reefer Madness
Kristen Bell, Christian Campbell
The Flock
Richard Gere, Claire Danes
El Orfanato
Belén Rueda, Fernando Cayo
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Donkey Xote
Animation PV
My Blueberry Nights
Norah Jones, Jude Law
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
The Happening
Mark Wahlberg, Zooey Deschanel
21
Jim Sturgess, Kevin Spacey
The Incredible Hulk
Edward Norton, Liv Tyler
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Street Kings
Keanu Reeves, Forest Whitaker
Angel
Romola Garai, Sam Neill

LUSOMUNDO FORUM MONTIJO
TEL: 707 246362
26 JUN-2 JUL

Speed Racer
Emile Hirsch, Christina Ricci
Made of Honor
Patrick Dempsey, Michelle Monaghan
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
The Happening
Mark Wahlberg, Zooey Deschanel
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
The Incredible Hulk
Edward Norton, Liv Tyler
Donkey Xote
Animation PV

UCI CINEMAS FREEPORT
TEL: 707 23 22 21
26 JUN-2 JUL

Made of Honor
Patrick Dempsey, Michelle Monaghan
The Incredible Hulk
Edward Norton, Liv Tyler
Street Kings
Keanu Reeves, Forest Whitaker
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
The Happening
Mark Wahlberg, Zooey Deschanel
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Horton Hears a Who
Animation PV
Iron Man
Robert Downey Jr., Terrence Howard
Forbidden Kingdom
Jet Li, Jackie Chan
88 Minutes
Al Pacino, Amy Brenneman
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
21
Jim Sturgess, Kevin Spacey

LUSOMUNDO ODIVELAS PARQUE
TEL: 707 246362
26 JUN-2 JUL

Made of Honor
Patrick Dempsey, Michelle Monaghan
The Ugly Duckling and Me
Animation PV
Street Kings
Keanu Reeves, Forest Whitaker
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
The Incredible Hulk
Edward Norton, Liv Tyler
The Happening
Mark Wahlberg, Zooey Deschanel
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Lars and the Real Girl
Ryan Gosling, Emily Mortimer

LUSOMUNDO OEIRAS PARQUE
TEL: 707 246362
26 JUN-2 JUL

Speed Racer
Emile Hirsch, Christina Ricci
Made of Honor
Patrick Dempsey, Michelle Monaghan
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
The Incredible Hulk
Edward Norton, Liv Tyler
Alvin and the Chipmunks
Jason Lee, David Cross
The Flock
Richard Gere, Claire Danes

LUSOMUNDO TORRES VEDRAS
TEL: 707 246362
26 JUN-2 JUL

Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
The Incredible Hulk
Edward Norton, Liv Tyler
Donkey Xote
Animation PV
El Orfanato
Belén Rueda, Fernando Cayo

LUSOMUNDO VASCO DA GAMA
TEL: 707 246362
26 JUN-2 JUL

Speed Racer
Emile Hirsch, Christina Ricci
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
The Happening
Mark Wahlberg, Zooey Deschanel
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Made of Honor
Patrick Dempsey, Michelle Monaghan
The Incredible Hulk
Edward Norton, Liv Tyler
Horton Hears a Who
Animation PV

OV = Original Version
PV = Portuguese Version

Speed Racer is a 2008 live action film adaptation of the 1960s Japanese anime series *Speed Racer*. The film was written and directed by the Wachowski brothers, who also serve as co-producers. The film has been in development since 1992, changing writers and directors until producer Joel Silver and the Wachowski brothers collaborated to begin production on *Speed Racer* as a family film.

Speed Racer was shot between June and November 2007 in Potsdam and Berlin, Germany at an estimated budget of $120,000,000.

Born to race cars, Speed Racer (Emile Hirsch) is aggressive, instinctive and, most of all, fearless. His only real competition is the memory of the brother he idolized, the legendary Rex Racer, whose death in a race has left behind a legacy that Speed is driven to fulfill. Speed is loyal to the family racing business, led by his father, Pops (John Goodman), the designer of Speed's thundering Mach 5, and Mom Racer (Susan Sarandon).

When Speed turns down a lucrative and tempting offer from Royalton Industries, he not only infuriates the company's maniacal owner (Roger Allam) but uncovers a terrible secret, some of the biggest races are being fixed by a handful of ruthless moguls who manipulate the top drivers to boost profits. If Speed won't drive for Royalton, Royalton will see to it that the Mach 5 never crosses another finish line.

The only way for Speed to save his family's business and the sport he loves is to beat Royalton at his own game. With the support of his family and his loyal girlfriend, Trixie (Christina Ricci), Speed teams with his one-time rival, the mysterious Racer X (Matthew Fox) and shifty racer Taejo Togokhan (Rain), to win the race that had taken his brother's life: the death-defying, cross-country rally known as The Crucible.

Speeding in a different direction

Up-and-coming Hollywood actor Emile Hirsch talks about filming *Speed Racer*, the blockbuster futuristic caper from the team behind The Matrix, released this week.

He received critical acclaim for his sensitive portrayal of Chris McCandless in last year's Sean Penn-directed film, *Into the Wild*.

So it was thought that up-and-coming actor Emile Hirsch would go straight to another small, character-led film, building up his fledging career slowly but surely.

But the 22-year-old wasn't having a bit of it. He hopped from the snowy climes of Alaska to the futuristic, colourful and slightly warped world of Matrix directors Larry and Andy Wachowski's *Speed Racer*. Emile plays the lead role in the movie adaptation of the original Japanese cartoon, a car-crazy kid, *Speed* in a futuristic world of corporate greed, race fixing and dirty tactics.

To create the larger than life setting, he and fellow cast members Christina Ricci (Trixie), Susan Sarandon (Mom), John Goodman (Pops) and Matthew Fox (Racer X) spent much of the time filming in Berlin against a green screen, before the Wachowskis added their special brand of post-production computer wizardry.

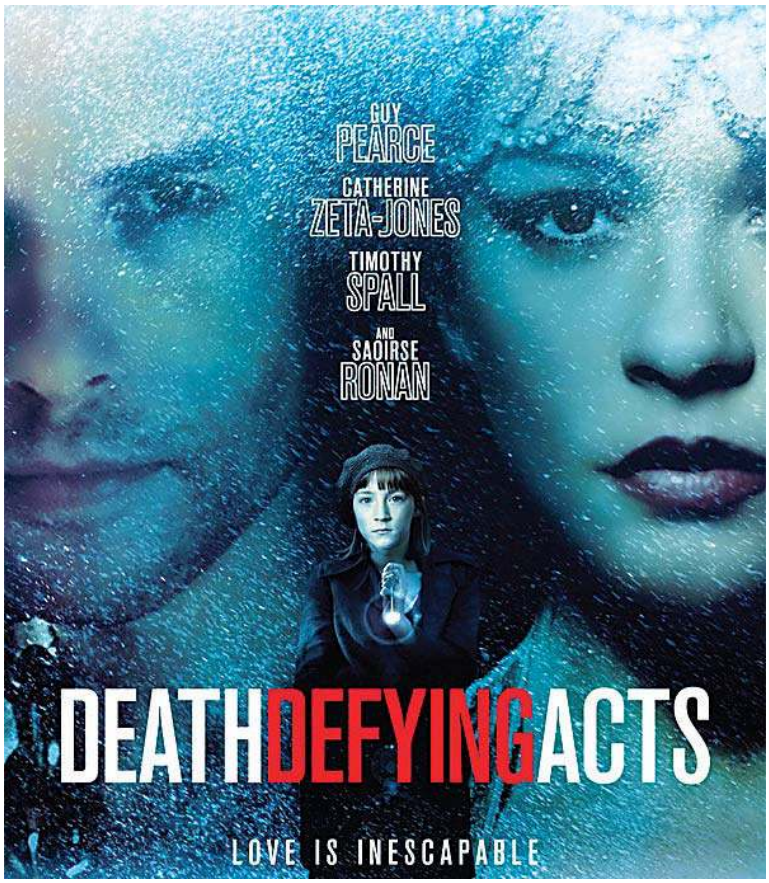
"It was a shock. We were outdoors every day on *Into The Wild*, climbing mountains and crossing rivers so, to jump onto the green screen was tough," says Emile. "There's no doubt that it's not as fun as being outdoors, but it's a challenge in many different ways. There are tests of endurance, challenges to your imagination and trying to picture stuff being there that isn't there. So it was a shock, but a welcome one.

"Filming in front of a green screen makes it harder as an actor, because you've got to be on your game and it's easy to slip up, so you've always got to be focused. The real environment is always easier on the actor, because it's more natural to react to."

After turning down a lucrative offer and untold riches to race for corrupt corporate giant Royalton Industries, he and his family go it alone with his dad's racing cars, leaving Speed aiming to compete in the ultimate race: the Grand Prix.

"I like Speed and that was how I related to him," says Emile. "I thought he was a sweet guy who cared about his family and was passionate about doing the right thing. I liked his seriousness. He's a very grave character. A lot of the other characters I've done have been pretty sarcastic or happy-go-lucky or a little wild and crazy whereas he was a little more focused and centred. I only smile in the movie about halfway through." But although mind-blowing effects certainly create an edge-of-your-seat experience, does the growing reliance on computer wizardry in films like *Speed Racer* detract from plot and character? Emile thinks not. "The thing that's really going to separate Speed Racer from some of those big summer movies, is the fact this is a family film."

By Ellie Genower



Based on real events that occurred during Harry Houdini's tour of Britain in 1926, the master escapologist enters into a passionate affair with a Scottish psychic. The psychic and her daughter attempt to con Houdini during a highly publicized séance to contact his mother whose death has haunted him for many years. However all does not go to plan...

Death Defying Acts was directed by Gillian Anderson, and stars Guy Pearce, Catherine Zeta-Jones, Timothy Spall and Saoirse Ronan.

CELEB NEWS

Pirates Of The Caribbean star **Johnny Depp** missed his home comforts while working on a new movie in the U.S. - so he arranged for a shipment of wine to be sent over from his house in France. The actor lives full time in the south of France with his French partner **Vanessa Paradis** and their two children - and the couple own a vineyard where they produce their own wine. And Depp couldn't bear being without his beloved bottles of wine while working on new crime film ***Public Enemies*** in Illinois - so he arranged for a shipment to be sent over to the movie set for him and his fellow cast and crewmembers to enjoy. A source tells British newspaper the Daily Mirror, "Johnny's a fine wine buff and has his own vineyard. He's had 10 crates of his own wine shipped over to keep him going. "He is very serious about his hobby and does everything himself - from selecting the grapes to working the machinery. Johnny's a connoisseur. "It's fair to say that he's made filming a far more enjoyable experience". ««»» **Angelina Jolie**'s leather biker jacket from new movie ***Wanted*** has gone up for sale in an online charity auction. The Hollywood actress slips into a number of form-fitting black leather jackets for the action film and one particular one, which features a diagonal front zipper and tassels, has gone under the hammer for Plan!t Now. The non-profit organisation was set up by Jolie's ***Wanted*** co-star **Morgan Freeman** to help communities prepare for survival in the event of a natural disaster. The sale at CharityFolks.com has begun and is due to end on July 1st. The price of the jacket, which is valued at $1,000, currently stands at $1,500. ««»» Hollywood stars **George Clooney** and **Brad Pitt** have launched a major advertising campaign in a bid to help victims of Tropical Cyclone Nargis in Southeast Asia. The pair have already donated $500,000 to U.S. pressure group 'Not On Our Watch' to fund the ongoing aid efforts in Myanmar, Burma after last month's disaster, which left thousands dead and more than a million homeless. And now Clooney and Pitt have joined forces with leading Asian political figures to run a massive advertising campaign in an Indonesian newspaper - urging neighbouring countries to allow foreign aid workers into the region. ««»» **Reese Witherspoon** is Hollywood's highest paid actress, according to a new study. The *Legally Blonde* star pulls in an estimated $15 to $20 million per film, putting her at the top of the new Hollywood Reporter rich list, ahead of **Cameron Diaz** and **Nicole Kidman**. **Renee Zellweger**, **Halle Berry** and **Julia Roberts** also make the new trade top 10. ««»» Actor-turned-California governor **Arnold Schwarzenegger** is to make his big-screen comeback alongside **Sylvester Stallone** - in their first Bollywood movie. The two action stars will make the transition from Hollywood to Bollywood with a role in ***Incredible Love***. The film, about an Indian stuntman who finds fame in Hollywood to the detriment of his love life, will also feature Bollywood regulars **Ashkay Kumar** and **Kareena Kapoor**. The movie, the first Indian project to be filmed at Hollywood's Universal Studios, will have the biggest budget in Bollywood history at $22 million. ««»» The producer of the blockbuster ***Spider-Man*** movie franchise has confirmed a fourth film is underway. Speaking at a recent meeting of cinema owners, Laura Ziskin revealed she and Sony Pictures movie executives are hopeful that the new film could be ready for cinemas in 2011, even though a screenplay has yet to be written and **Tobey Maguire** has yet to resign as Spider-Man and his alter-ego Peter Parker. The first three movies grossed $2.5 billion worldwide. ««»» **Robert Downey Jr.** is set to bring a 10-year-old sci-fi movie idea to the big screen after negotiating to star in ***Cowboys*** and ***Aliens***. The ***Iron Man*** star is in talks to sign on to the film, about an alien spaceship that lands in the Wild West, according to the Hollywood Reporter. **Brian Grazer** and **Ron Howard** will produce the film, which has been in development for a decade. ««»»

NORTH

UCI CINEMAS ARRÁBIDA SHOPPING
TEL: 707 23 22 21
26 JUN-2 JUL

Speed Racer
Emile Hirsch, Christina Ricci
Death Defying Acts
Guy Pearce, Catherine Zeta-Jones
Made of Honor
Patrick Dempsey, Michelle Monaghan
The Flock
Richard Gere, Claire Danes
El Orfanato
Belén Rueda, Fernando Cayo
Blade Runner: The Final Cut
Harrison Ford, Rutger Hauer
The Happening
Mark Wahlberg, Zooey Deschanel
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
My Blueberry Nights
Norah Jones, Jude Law
88 Minutes
Al Pacino, Amy Brenneman
Heart of the Earth
Catalina Sandino Moreno, Sienna Guillory
Horton Hears a Who
Animation PV
21
Jim Sturgess, Kevin Spacey
Iron Man
Robert Downey Jr., Terrence Howard
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
The Incredible Hulk
Edward Norton, Liv Tyler
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Donkey Xote - Animation PV
The Bucket List
Jack Nicholson, Morgan Freeman
Street Kings
Keanu Reeves, Forest Whitaker

LUSOMUNDO FORUM AVEIRO
TEL: 707 246362
26 JUN-2 JUL

Death Defying Acts
Guy Pearce, Catherine Zeta-Jones
The Happening
Mark Wahlberg, Zooey Deschanel
Iron Man
Robert Downey Jr., Terrence Howard
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
The Bucket List
Jack Nicholson, Morgan Freeman
88 Minutes
Al Pacino, Amy Brenneman
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Alvin and the Chipmunks
Jason Lee, David Cross PV
La Fille Coupée en Deux
Ludivine Sagnier, Benoît Magimel

LUSOMUNDO GLICÍNIAS
TEL: 707 246362
26 JUN-2 JUL

Speed Racer
Emile Hirsch, Christina Ricci
Street Kings
Keanu Reeves, Forest Whitaker
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Made of Honor
Patrick Dempsey, Michelle Monaghan
The Incredible Hulk
Edward Norton, Liv Tyler

OV = Original Version
PV = Portuguese Version

LUSOMUNDO DOLCE VITA COIMBRA
TEL: 707 246362
26 JUN-2 JUL

Speed Racer
Emile Hirsch, Christina Ricci
Made of Honor
Patrick Dempsey, Michelle Monaghan
My Blueberry Nights
Norah Jones, Jude Law
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
The Incredible Hulk
Edward Norton, Liv Tyler
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Lars and the Real Girl
Ryan Gosling, Emily Mortimer
The Bucket List
Jack Nicholson, Morgan Freeman
Reservation Road
Joaquin Phoenix, Jennifer Connelly
Iron Man
Robert Downey Jr., Terrence Howard
Horton Hears a Who
Animation PV

LUSOMUNDO FORUM COIMBRA
TEL: 707 246362
26 JUN-2 JUL

Forgetting Sarah Marshal
Jason Segel, Kristen Bell
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
21
Jim Sturgess, Kevin Spacey
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
The Happening
Mark Wahlberg, Zooey Deschanel
Heart of the Earth
Catalina Sandino Moreno, Sienna Guillory

LUSOMUNDO FOZPLAZA
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26 JUN-2 JUL

The Incredible Hulk
Edward Norton, Liv Tyler
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Horton Hears a Who
Animation PV
Lars and the Real Girl
Ryan Gosling, Emily Mortimer
What Happens in Vegas
Cameron Diaz, Ashton Kutcher

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Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
The Incredible Hulk
Edward Norton, Liv Tyler
The Happening
Mark Wahlberg, Zooey Deschanel
Donkey Xote
Animation PV
88 Minutes
Al Pacino, Amy Brenneman
Forgetting Sarah Marshall
Jason Segel, Kristen Bell

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The Incredible Hulk
Edward Norton, Liv Tyler
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
The Ugly Duckling and Me
Animation PV
Meet the Spartans
Carmen Electra, Kevin Sorbo
Reservation Road
Joaquin Phoenix, Jennifer Connelly
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Street Kings
Keanu Reeves, Forest Whitaker

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Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
My Blueberry Nights
Norah Jones, Jude Law
The Happening
Mark Wahlberg, Zooey Deschanel
The Ugly Duckling and Me
Animation PV
Night Watching
Martin Freeman, Emily Holmes

LUSOMUNDO FORUM VIZELA
TEL: 707 246362
26 JUN-2 JUL

Forgetting Sarah Marshall
Jason Segel, Kristen Bell
Street Kings
Keanu Reeves, Forest Whitaker
What Happens in Vegas
Cameron Diaz, Ashton Kutcher

LUSOMUNDO BRAGA PARQUE
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26 JUN-2 JUL

Speed Racer
Emile Hirsch, Christina Ricci
The Happening
Mark Wahlberg, Zooey Deschanel
Made of Honor
Patrick Dempsey, Michelle Monaghan
The Incredible Hulk
Edward Norton, Liv Tyler
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
Street Kings
Keanu Reeves, Forest Whitaker
Ratatouille
Animation PV
21
Jim Sturgess, Kevin Spacey

LUSOMUNDO DOLCE VITA PORTO
TEL: 707 246362
26 JUN-2 JUL

Speed Racer
Emile Hirsch, Christina Ricci
Made of Honor
Patrick Dempsey, Michelle Monaghan
The Incredible Hulk
Edward Norton, Liv Tyler
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
The Flock
Richard Gere, Claire Danes
Ratatouille
Animation PV
What Happens in Vegas
Cameron Diaz, Ashton Kutcher

LUSOMUNDO MAIA SHOPPING
TEL: 707 246362
26 JUN-2 JUL

Forgetting Sarah Marshal
Jason Segel, Kristen Bell
The Incredible Hulk
Edward Norton, Liv Tyler
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Bee Movie
Animation PV
21
Jim Sturgess, Kevin Spacey
Forbidden Kingdom
Jet Li, Jackie Chan

LUSOMUNDO NORTE SHOPPING
TEL: 707 246362
26 JUN-2 JUL

Speed Racer
Emile Hirsch, Christina Ricci
Death Defying Acts
Guy Pearce, Catherine Zeta-Jones
The Flock
Richard Gere, Claire Danes
Made of Honor
Patrick Dempsey, Michelle Monaghan
The Happening
Mark Wahlberg, Zooey Deschanel
The Incredible Hulk
Edward Norton, Liv Tyler
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Horton Hears a Who
Animation PV
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf

LUSOMUNDO GAIA SHOPPING
TEL: 707 246362
26 JUN-2 JUL

Meet the Spartans
Carmen Electra, Kevin Sorbo
Horton Hears a Who
Animation PV
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
The Incredible Hulk
Edward Norton, Liv Tyler
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Street Kings
Keanu Reeves, Forest Whitaker
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
We Own the Night
Joaquin Phoenix, Mark Wahlberg
My Blueberry Nights
Norah Jones, Jude Law

LUSOMUNDO PARQUE NASCENTE
TEL: 707 246362
26 JUN-2 JUL

Speed Racer
Emile Hirsch, Christina Ricci
Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
The Incredible Hulk
Edward Norton, Liv Tyler
Made of Honor
Patrick Dempsey, Michelle Monaghan
The Happening
Mark Wahlberg, Zooey Deschanel
Indiana Jones and the Kingdom of the Crystal Skull
Harrison Ford, Shia LaBeouf
Forgetting Sarah Marshal
Jason Segel, Kristen Bell
The Flock
Richard Gere, Claire Danes
Forbidden Kingdom
Jet Li, Jackie Chan
What Happens in Vegas
Cameron Diaz, Ashton Kutcher
Street Kings
Keanu Reeves, Forest Whitaker
Meet the Spartans
Carmen Electra, Kevin Sorbo
Horton Hears a Who
Animation PV

OV = English Version
PV = Portuguese Version

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BBC1

6.00 Yesterday at Wimbledon. (T) 7.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Rachel's Favourite Food at Home. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 12.45 Wimbledon 2008. Further live coverage of the third round. Coverage continues on BBC2. (T)

5.25 After You've Gone. Jimmy is shown up in front of Siobhan when her father showers Diana with gifts. Excited by the prospect of a new man in his grandmother's life, Alex draws up a convoluted family tree. Meanwhile, Molly seeks make-up advice as she tries to impress a boy at school. Comedy, guest starring Nicky Henson. (R) (T)

5.55 BBC News; Regional News; Weather. (T)

6.15 Weakest Link Special. Anne Robinson tests the general knowledge of Holby City and Casualty cast members including Robert Powell, Tom Chambers and James Redmond as they compete to win money for charity. (T)

7.10 Doctor Who. The Time Lord and Donna brave the Shadow Proclamation in an attempt to discover the truth, but a fearsome old enemy awaits in the background. Starring David Tennant, Catherine Tate, Billie Piper, Freema Agyeman and John Barrowman. With guest appearances by Paul O'Grady and Richard Dawkins. (T)

8.00 The National Lottery: 1 vs 100. Ben Shephard hosts the last quiz of the series as one contestant takes on 100 opponents in an attempt to win a big-money prize. Jenni Falconer introduces the Lotto, Dream Number and Thunderball draws. (T)

8.50 Casualty. Zana is visibly upset when she is unable to save a man and Jeff worries she may be on drugs, prompting him to persuade Curtis to give her a blood test. Kelsey is devastated when Big Mac ends his charade with an e-mail informing her the soldier has died. The man who attacked Jo is brought into the MIU. (T)

9.40 BBC News; Weather; (T) National Lottery Update. (T)

10.00 FILM: Enemy of the State (1998). A chance encounter completely changes lawyer Will Smith's life, plunging him into a deadly game of cat and mouse with government agents. Tense thriller, also starring Gene Hackman. (T)

12.05 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 1.10 BBC News. (T)

Pick of the Day

Who Dares Sings! (ITV1 Granada, 8pm)
After her time trying to pick a possible West End star on How Do You Solve a Problem Like Maria, Any Dream Will Do and I'd Do Anything, Denise Van Outen should be used to telling would-be warblers when they've hit a bum note. However, on this new series, she won't have to keep her ears tuned for whenever an amateur performer wanders off key — ITV1 have found a computer to do it for her. Some unsung backstage boffin has created SAM, a machine capable of telling whether or not a singer has hit the right note, and it will be judging the performances on this programme — meaning all Van Outen and her co-presenter Ben Shephard have to worry about is introducing the people who will be taking on the challenge. Members of the studio audience will be invited to belt out a number, which contains 10 'hot notes'. The contestants won't know where they are in the song, but they will have to hit — and sustain — them correctly to be in with a chance of claiming a cash prize, and SAM will be paying close attention. Cheryl Cole must be glad Simon Cowell hadn't been introduced to the machine before he picked a replacement for Sharon Osbourne on the X Factor judging panel.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Jim Jam & Sunny. (T) 9.40 Jim Jam & Sunny. (T) 9.55 Captain Mack. (T) 10.10 Supernormal. (T) 10.25 Emu. (R) (T) 10.40 Art Attack. (R) (T) 11.05 Horrid Henry. (R) (T) 11.20 FILM: Holiday in the Sun (2001). Family comedy, starring Mary-Kate and Ashley Olsen. (T) 12.55 ITV News and Weather. (T) 1.05 London Today; Weather. (T) 1.10 FILM: The Next Karate Kid (1994). Martial arts adventure, starring Pat Morita. (T) 3.10 FILM: Loch Ness (1996). Family drama, starring Ted Danson. (T)

5.00 London Tonight; Weather. (T)

5.15 ITV News and Weather. (T)

5.30 FILM: Racing Stripes (2004). Premiere. Family adventure, with the voice of Frankie Muniz. (T)

7.30 All New You've Been Framed! Harry Hill returns to narrate a new catalogue of camcorder calamities and viewers' mobile phone footage, including a brave beagle battling the might of a dishwasher, a vicar finding himself terribly tongue-tied and a teenager taking on a praying mantis - and losing. (T)

8.00 Who Dares Sings! New series. Denise Van Outen and Ben Shephard host a karaoke challenge in which members of the audience take to the stage to perform a pop song. A potential cash prize of #50,000 awaits the singer who can make it through to the grand final - judged by a purpose-built piece of software capable of detecting who's hitting the high notes and who can't hold a tune to save their life. (T)

9.00 FILM: Wimbledon (2004). A down-on-his-luck tennis player experiences a turnaround in fortune when he meets an ambitious female star of the sport. Romantic drama, starring Kirsten Dunst and Paul Bettany. (T)

10.50 ITV News and Weather; Weather. (T)

11.05 Benidorm. Comedy series, starring Johnny Vegas. A new batch of holiday-makers arrive at the Solana resort, including Lancashire's reigning pub quiz champion, the Oracle, and his doting mum. (R) (T)

11.35 Benidorm. Martin and Kate set off for a trip into the town centre - but can't find their way. Meanwhile, Gavin and Troy are left open-mouthed at the evening's entertainment at Neptune's. (R) (T)

12.05 Bingo Night Live. 1.15 Nightwatch with Steve Scott: Mystery; (R) (T) ITV News Headlines. 2.05 FILM: On the Edge (2001). Premiere. Emotional drama, starring Cillian Murphy. (T) 3.35 ITV Nightscreen.

BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.55 Tweenies Songtime. (R) (T) 7.00 CBBC: The Likeaballs. (R) (T) 7.10 WITCH. (R) (T) 7.35 Trollz; (R) (T) Bernard. (R) (T) 8.00 Best of Friends; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 8.35 Even Stevens; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 9.00 Escape from Scorpion Island. (R) (T) 9.30 Escape from Scorpion Island. (R) (T) 10.00 50/50. (R) (T) 10.25 The Slammer. (R) (T) 10.55 What's New Scooby-Doo? (R) (T) 11.15 Beat the Boss. (R) (T) 11.45 Sportsround. (T) 12.00 Wimbledon 2008. Live coverage of the sixth day's play. Coverage continues on BBC One. (T) 12.45 Live MotoGP. The Dutch Grand Prix. (T) 2.00 Wimbledon 2008. The third round continues. (T) 4.15 Glastonbury Live. (T) 5.25 Wimbledon 2008. The sixth day's play continues. (T) 8.30 Dad's Army. Private Godfrey faces homelessness. (R) (T) 9.00 Have I Got Old News for You. Guest presenter Jeremy Clarkson hosts the satirical current affairs quiz, with team captains Ian Hislop and Paul Merton, and panellists including Germaine Greer and Danny Baker. (R) (T) 9.30 Glastonbury Live. Further coverage of the music event, featuring a performance by Amy Winehouse on the Pyramid Stage, plus Hot Chip and Buddy Guy, and an interview with Jay-Z. (T) 10.30 Today at Wimbledon. (T) 11.30 Buzzcocks - Imagine A Mildly Amusing Panel Show. (R) (T) 12.00 Glastonbury. (T) 2.00 FILM: Ride (1998). Rap music satire, starring Malik Yoba. (T) 3.20 City of Men. 3.50 City of Men. 4.25 Close.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.50 T4: The Green Room. (R) (T) 9.25 T4: Big Brother. (R) (T) 10.25 T4: Big Brother. (R) (T) 10.50 T4: Shipwrecked 2008: Battle of the Islands. (R) (T) 11.55 T4: Shipwrecked 2008: The Third Island. (R) (T) 12.30 T4: Shipwrecked 2008: The Hutcam Diaries. (T) 1.00 Red Bull Air Race. (T) 2.00 Channel 4 Racing from Newcastle and Newmarket. Including the 3.10 John Smith's Northumberland Plate (H'cap) (2m). (T) 4.15 Deal or No Deal. (T) 5.00 A Place in the Sun. (R) (T) 5.35 Gok's Fashion Fix. (R) (T) 6.35 Channel 4 News. (T) 7.00 Snowdon and Margaret: Inside a Royal Marriage. Revisionist take on the couple's relationship. (R) (T) 8.00 How TV Changed Britain. Exploring the impact of television on teenage entertainment and British culture, featuring interviews with actors and producers as they discuss groundbreaking shows. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 FILM: Zoolander (2001). Dim supermodel Ben Stiller is stunned when his career goes down the tubes - but never realises he's a pawn in a dangerous game. Biting catwalk comedy, with Owen Wilson. (T) 11.40 4Music: Live from Abbey Road. New series. Featuring Mary J Blige, James Blunt and Dashboard Confessional. (T) 12.45 FILM: Billy Madison (1995). Comedy, starring Adam Sandler. (T) 2.20 4Music: Road to V 2008. (R) (T) 2.35 Big Brother Live. 4.25 St Elsewhere. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Harry and His Bucket Full of Dinosaurs. (R) (T) 7.15 Little Princess. (R) (T) 7.35 The Beeps. (R) (T) 7.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.10 The Milkshake! Show. (T) 8.40 Hana's Helpline. (R) (T) 8.55 The Mr Men Show. (R) (T) 9.10 Gerald McBoing Boing. (T) 9.35 Sailor Sid. (R) (T) 9.40 Mist: Sheepdog Tales. (R) (T) 10.00 Neighbours. (T) 12.10 Animal Rescue Squad. (R) (T) 12.30 Monkey Life. (R) (T) 1.00 FILM: External Affairs (1999). Drama, starring Victor Garber. (T) 2.50 FILM: The Black Knight (1954). Historical adventure, with Alan Ladd. (T) 4.25 FILM: Hell Boats (1970). World War Two drama starring James Franciscus. (T) 6.10 Legend of the Crystal Skulls: Revealed. (R) (T) 7.00 five news and sport. (T) 7.15 Cricket on five. England v New Zealand. Mark Nicholas introduces highlights of the fifth and final one-day international of the series at Lord's. (T) 8.00 NCIS. The team are called to a high school on a Marine base, where a pupil has taken his classmates hostage after strapping a bomb to his chest. Mark Harmon stars. (R) (T) 8.55 NCIS. The body of a missing Marine is found in a frozen lake. (R) (T) 9.50 CSI: NY. A girl is found dead at a college party. (R) (T) 10.50 Law & Order. (T) 11.50 Crime Scene Academy. (R) (T) 12.20 Quiz Call. 4.45 Out of Practice. (R) (T) 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1
0630 Childrens TV 0655 Brinca Comigo 0800 Bom dia Portugal 1100 Mudar de Vida 1130 A Ilha Prodigiosa 1230 Contra 1300 News 1415 Top + 1545 Dança Comigo – Special Euro 2008 1700 Capas Negras, film 2000 News 2100 a Voz do Cidadão 2115 Dança Comigo 0015 Without a Trace 0400 Miracle in the Lane Two 0500 Top + 0615 Euro News
RTP2
0700 Euronews 0730 África 7 Dias 0800 Universidade Aberta 1000 A Alma e A Gente 1030 Próxima Paragem 1115 Encontros Imediatos 1145 Bastidores 1215 Reclame 1300 Tokio Hotel Live 1400 Parlamento 1500 Sport 2 1730 Zig Zag 1900 Kaboom 2030 Arte & emoção 2100 Diga lá Excelência 2145 A Hora da Sorte 2200 News 2240 Nos Passos de Magalhães 2300 Um Rio, film 0115 A Alma e a Gente 0145 Sport 0545 Euronews
SIC
0600 Etnias 0645 Sic Kids 0830 Disney Kids 1030 Chiquititas 1200 Our World 1300 News 1400 Episódio Especial 1700 Film TBA 2000 News 2130 O Mundo é Pequeno 2230 Desejo Proibido 2330 Duas Caras 0030 CSI Miami 0230 Quando O Telefone Toca 0400 China Strike Force
TVI
0700 Children TV 0930 Smackdown Wrestling 1100 Delux 1215 Operação Portugal 1300 Jornal da Uma 1400 Eye of the Beast, film 1615 O Cume de Dante, film 1730 Behind Enemy Lines, film 1900 News 2230 Fascínios 2230 Deixa-me Amar 23445 Blade Trinity, film 0330 Confidences Trop Intimes, film

Best of the Rest

BBC3
7.00 Glastonbury Live 8.00 Doctor Who Confidential 8.45 Glastonbury Live 9.30 Little Britain 10.00 Little Britain 10.30 Glastonbury Live 12.30 Glastonbury: The Best Bits 2.00 Glamour Girls 2.30 Glamour Girls 3.00 Glamour Girls 3.30 Glamour Girls 4.00 Doctor Who Confidential 4.45 Close
BBC4
7.00 Film: Inherit the Wind U (1960) 9.00 Strictly Courtroom 10.30 Glastonbury Live 11.15 Glastonbury Live 12.30 Glastonbury Live 2.00 Strictly Courtroom 3.30 Close
ITV2
1.00 All Star Family Fortunes 1.45 Beat the Star 3.00 Nelson Mandela: Happy 90th Birthday 5.00 Gossip Girl 6.00 America's Got Talent 8.00 Film: Thunderbirds PG (2004) 9.45 Katie & Peter: The Next Chapter 10.45 The Zutons: Live at indigO2 11.15 Film: Hannibal 18 (2001) 1.40 America's Got Talent 3.30 Emmerdale
Sky One
1.00 50 Greatest TV Endings 3.00 Project Runway 4.00 Project Runway 5.00 Futurama 5.30 Futurama 6.00 Gladiators 7.00 The Simpsons 7.30 The Simpsons 8.00 Road Wars 9.00 The Boyz Are Back in Town 10.00 Boyzone Live 11.00 Top 50 Celebrity Meltdowns 1.00 Road Wars 1.50 Film: Deadly Suspicion 15 (2008) 3.20 Film: Vipers 15 (2008) 4.50 Bite Size Brainiac 5.05 Guilty!
UKTV Gold
1.00 Open All Hours 1.40 The Two Ronnies Sketchbook 2.20 Porridge 3.00 Sorry! 3.40 Open All Hours 4.20 Porridge 5.00 The Two Ronnies Sketchbook 5.40 Sorry! 6.20 The Two Ronnies Sketchbook 7.00 Porridge 7.40 Open All Hours 8.20 The Two Ronnies Sketchbook 9.00 Film: Spider-Man 2 PG (2004) 11.30 Film: Sea of Love 18 (1989) 1.50 Friday Night with Jonathan Ross 2.45 Friday Night with Jonathan Ross 3.35 Close Up 3.45 Friday Night with Jonathan Ross 4.45 The Good Life 5.15 Dallas
TCM
1.00 Bridge to the Sun U (1961) 3.00 Singin' in the Rain U (1952) 4.55 The Prodigal PG (1955) 7.00 Where the Spies Are PG (1965) 9.00 Ordinary People 15 (1980) 11.20 Poltergeist 15 (1982) 1.25 The Adventures of Tartu PG (1943) 3.10 A Life of Her Own PG (1950) 5.00 A Patch of Blue PG (1965)
The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Cadet Kelly U (2002) Comedy, starring Hilary Duff.

MOVIES

Sky Movies Drama

6.00 Confessions of an Ugly Stepsister U (2001) 7.50 Drama Close Up 8.20 Shadow Makers PG (1989) 10.30 Tom Horn 15 (1979) 12.20 Memphis Belle PG (1990) With Matthew Modine. 2.20 The Thief Lord PG (2005) With Aaron Johnson. 4.10 Take the Lead 12 (2006) With Antonio Banderas. 6.10 Carolina PG (2003) With Julia Stiles. 8.00 The Good Shepherd 15 (2006) With Matt Damon. 10.50 Get Rich or Die Tryin' 15 (2005) With Curtis "50 Cent' Jackson. 12.50 Boxcar Bertha 18 (1972) With Barbara Hershey. 2.30 This Year's Love 18 (1999) With Kathy Burke. 4.30 The End of Eden PG (1996)

Sky Movies Comedy

6.10 Princess Caraboo PG (1994) 7.50 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) 9.20 35MM 9.50 Because I Said So 12 (2007) 11.35 The Shaggy Dog U (2006) With Tim Allen. 1.15 Music and Lyrics PG (2007) With Hugh Grant. 3.00 Norbit 12 (2007) With Eddie Murphy. 4.45 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 6.15 Because I Said So 12 (2007) With Diane Keaton. 8.00 Music and Lyrics PG (2007) With Hugh Grant. 9.45 Norbit 12 (2007) With Eddie Murphy. 11.30 Nacho Libre 12 (2006) With Jack Black. 1.10 Grandma's Boy 15 (2006) With Allen Covert. 2.50 Nacho Libre 12 (2006) With Jack Black. 4.25 Princess Caraboo PG (1994)

Sky Movies Action

6.05 The Marine 15 (2006) 7.50 Stormbreaker PG (2006) 9.35 The Black Dahlia 15 (2006) 11.40 The 13th Warrior 15 (1999) With Antonio Banderas. 1.30 The Siege 15 (1998) With Denzel Washington. 3.30 Body Heat 15 (1981) With William Hurt. 5.30 The Marine 15 (2006) With John Cena. 7.10 The 13th Warrior 15 (1999) With Antonio Banderas. 9.00 The Siege 15 (1998) With Denzel Washington. 11.00 The Specialist 15 (1994) With Sylvester Stallone. 12.55 Fire Down Below 18 (1997) With Steven Seagal. 2.45 To Live and Die in LA 18 (1985) With Willem Dafoe. 4.45 Action & Thriller Close Up 5.15 Stormbreaker PG (2006)

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SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 FIFA Futbol Mundial 7.00 Premiership Years 9.00 Cricket AM 10.30 Live International Cricket. England v New Zealand. 7.00 Live Speedway. The Great Britain Grand Prix. 10.00 International Cricket 12.00 FIFA Futbol Mundial 12.30 World Sport 1.00 Live Indy Racing League. The SunTrust Indy Challenge. 3.30 WWE: Vengeance Preview 4.00 WWE Special 5.00 WWE: Vengeance Preview 5.30 FIFA Futbol Mundial

Sky Sports 2

6.00 Friday Fight Night 8.00 Rugby League 11.30 Racing News 12.30 Live European Tour Golf. The Open de France. 4.00 FIFA Futbol Mundial 4.30 World Sport 5.00 NFL: Total Access 6.00 International Rugby Union 7.30 WWE: Vengeance Preview 8.00 Live Masters Football. The Mersey Masters. 11.00 Extreme Championship Wrestling 12.00 WWE: Late Night - Smackdown 2.00 WWE: Late Night - Bottom Line 3.00 Speedway

Sky Sports 3

6.00 WWE Special 7.00 Twenty20 Cup Cricket 9.00 WWE Special 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 WWE: Vengeance Preview 1.30 FIFA Futbol Mundial 2.00 Live Rugby Union. Free State Cheetahs v Lions (Kick-off 2.00pm). 4.00 Live Rugby Union. Western Province v Blue Bulls (Kick-off 4.05pm). 6.00 Race World 7.00 World Sport 7.30 FIFA Futbol Mundial 8.00 Live US Women's Open Golf. Day three in Edina, Minnesota. 11.00 Golf Night 12.00 International Rugby Union 1.30 Masters Football 4.30 International Rugby Union

British Eurosport

7.30 Euro 2008 Show 8.00 MotoGP 8.45 Live MotoGP. The Dutch Grand Prix warm-up sessions. 9.15 Live MotoGP. An introduction to the Dutch Grand Prix. 9.45 Live MotoGP. The Dutch Grand Prix 125cc race. 11.00 Live MotoGP. The Dutch Grand Prix 250cc race. 12.15 Live MotoGP. The Dutch Grand Prix MotoGP race. 2.00 Live Volleyball. Poland v Thailand. 4.00 Live Beach Volleyball. The women's Grand Slam event from Stavanger, Norway. 5.00 Euro 2008 Show 5.15 Live Volleyball. USA v Dominican Republic. 6.30 Volleyball 7.00 Euro 2008 Show 7.15 Volleyball 7.30 Live Show Jumping. Coverage of the Global Champions Tour event from Monaco. 9.00 World Superbikes 9.45 euroCRASH! 10.00 Euro 2008 Show 10.30 Rallying 11.00 MotoGP 12.30 Euro 2008 Show 1.00 Close

Sky Sports Xtra

6.00 Race World 7.00 Tight Lines 8.00 Race World 9.00 NFL: America's Game 10.00 Max Power 11.00 Live International Rugby Union. Australia v France (Kick-off 11.05am). 1.00 NFL: Total Access 2.00 Friday Fight Night 4.00 WWE: Bottom Line 5.00 WWE: Smackdown 7.00 Max Power 8.00 NFL: Total Access 9.00 FIA GT Championship 10.00 WWE Special 11.00 NFL: Total Access 12.00 Max Power 1.00 US Women's Golf 4.00 Golf Night 5.00 Max Power

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BBC1

6.00 Yesterday at Wimbledon. (T) 7.00 Breakfast. (T) 9.00 The Andrew Marr Show. (T) 10.00 Sunday Life. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 EastEnders. (T) 2.55 FILM: Flubber (1997). Children's comedy, with Robin Williams. (T) 4.25 'Allo 'Allo! (R) (T) 4.55 Keeping Up Appearances. (R) (T)

5.25 Songs of Praise. The work of the Royal Navy Search and Rescue Squadron. (T)
6.00 Last of the Summer Wine. Howard attempts to assume another identity. (T)
6.30 BBC News; Regional News; Weather. (T)
6.55 Match of the Day Live: Euro 2008. The final (Kick-off 7.45pm). Gary Lineker presents coverage of the showpiece match at the Ernst Happel Stadion in Vienna, Austria. Subsequent programmes subject to change. (T)
10.00 BBC News; Weather. (T)
10.20 Commercial Breakdown with Jimmy Carr. The comedian applies a wry commentary to off-beat clips from around the world. Featuring a ludicrously amorous sales assistant promoting tortilla chips, and a Russian vodka advert that suggests drinking can make the lives of the terminally lonely infinitely more exciting. (T)
11.00 FILM: Anita and Me (2002). Comedy drama, starring Chandeep Uppal; (T) Weatherview.
12.35 Sign Zone: Wild China. (R) (T) 1.35 Sign Zone: Holby City. (R) (T) 2.35 Sign Zone: DIY SOS. (R) (T) 3.05 Sign Zone: Hard Sell. (R) (T) 3.35 BBC News. (T)

See page 8

Pick of the Day

Top Gear (BBC2, 8pm)
It's hard to believe this show has been running (in its present format) for a staggering 11 series and yet the public's appetite for the antics of Jezzer, Captain Slow and Hamster remains as big as ever. Anyone who has tried to get tickets to the show and faced a two-year wait will know that. For those who couldn't get to the hangar in person, at least you can settle back with a cup of something hot and strong and enjoy the frivolity without the hassle of travelling. This week, the hosts attempt to live up to the 'ambitious' bit of their reputation, as Richard Hammond does his bit for the Entente Cordiale by taking on a group of arrogant French skiers in an Audi RS6. Back on the test track, Jeremy Clarkson puts the Mercedes CLK Black through its paces. Presumably we can expect plenty of sideways action and "poweeeeer" from that. Meanwhile, the show's new bravery expert faces another hair-raising challenge, using an MG Maestro, with James May on hand to oversee the chaos as it happens. For those whose bent runs to famous faces rather then sporty little numbers, two more celebrities face-off in Reasonably Priced Cars.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Jim Jam & Sunny. (T) 9.40 Art Attack. (R) (T) 10.10 Coronation Street. (T) 12.25 ITV News and Weather. (T) 12.30 London Today; Weather. (T) 12.35 FILM: Duel in the Sun (1946). Epic Western, starring Gregory Peck. (T) 2.50 FILM: Tora! Tora! Tora! (1970). Fact-based World War Two drama, starring Martin Balsam. (T)

5.30 London Tonight; Weather. (T)
5.45 ITV News and Weather. (T)
6.00 Agatha Christie's Marple. Feature-length drama. While holidaying at the plush Bertram's Hotel in London, Miss Marple is presented with a fresh challenge to her deductive powers when the reading of a will leads to a double murder. Geraldine McEwan stars as the elderly spinster with a nose for a mystery, with guest appearances by Peter Davison, Mica Paris and Francesca Annis. (R) (T)
8.00 The Royal. Nick admits some of Elsinby's homeless people to the hospital, despite the inevitable disapproval from Carnegie. Ormerod's intention to keep Dr Weatherill on light duties is scuppered when she attends an emergency call on the coastal road, where a woman in labour is trapped in a car. Meanwhile, Matron is surprised by the identity of the new student nurse, and a gossipy patient reveals the whereabouts of Ken. James Green and Judith Barker guest star. (T)
9.00 Taggart. DCI Burke's career hangs in the balance when the body of unassuming librarian Charles Campbell is found behind the wheel of his car after what appears to be a hit-and-run. However, as the investigation gets under way, his colleagues are baffled and it's clear there's more to the man's death than meets the eye. Alex Norton and Blythe Duff star. (R) (T)
10.30 ITV News and Weather; Weather. (T)
10.45 Euro 2008 Highlights. Steve Rider presents action from the final at the Ernst Happel Stadion in Vienna, Austria, where the successors to 2004 winners Greece will be crowned. The Greeks crashed out during the group stage, so another champion will be crowned and handed the Henri Delaunay trophy as the 13th staging of the tournament reaches a conclusion. With commentary by Peter Drury and Jim Beglin. (T)
12.00 Kasabian: Summer Series. (R) (T) 12.30 The Way We Worshipped. (R) (T) 1.00 Dial a Mum; (R) (T) ITV News Headlines. 1.35 Vanessa's Real Lives. (R) (T) 2.25 Fat Chance. (R) (T) 2.50 Fat Chance. (R) (T) 3.15 ITV Nightscreen.

BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Legend of the Dragon. (R) (T) 7.25 Watch My Chops. (R) (T) 7.35 The Batman; (R) (T) The Owl. (R) (T) 8.00 Best of Friends. (R) (T) 8.30 Raven: The Secret Temple; (R) (T) SMart Special - Tribute to Mark Speight. (T) 9.00 SMart. (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park. (R) (T) 12.30 FILM: A Kiss Before Dying (1956). Thriller, starring Robert Wagner. (T) 2.00 Show Jumping. The Hickstead Derby. (T) 5.00 Glastonbury Live. (T) 6.40 Killer Whales in the UK? (R) (T) 7.10 Meerkat Manor. The Whiskers have to protect their pups from a deadly enemy, while at Starsky, Mozart and her sister Kinkajoo are forced to depend on one another for survival. (T) 7.35 Meerkat Manor. Hannibal's son Wilson goes in search of female company. (T) 8.00 Top Gear. Jeremy Clarkson puts the Mercedes CLK Black through its paces, and Richard Hammond pushes the limits of the Audi RS6 while competing with a group of egotistic French skiers. (T) 9.00 Jeremy Clarkson: Greatest Raid of All Time. The commando raid on St Nazaire in World War Two. (R) (T) 10.00 The Graham Norton Show. With John Malkovich, Alan Davies and Sharleen Spiteri. (R) (T) 10.45 Glastonbury Live. (T) 2.00 Heroes. Peter tracks down the location of the virus. (R) (T) 2.40 BBC News. (T) 3.35 The Super League Show. (T) 4.35 Close.

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.25 British Triathlon Grand Prix. (T) 8.20 The Shooting Party. (T) 8.45 T4: The Chronicles of Narnia: Prince Caspian - T4 Movie Special. (T) 9.15 T4: McFly: Video Exclusive. (T) 9.20 T4: Hollyoaks. (T) 11.55 T4: Shipwrecked 2008: Battle of the Islands. (T) 1.05 T4: Shipwrecked 2008: The Third Island. (T) 1.35 T4: The Green Room. (T) 2.05 T4: Big Brother's Little Brother. (T) 3.10 T4: Big Brother's Diary Room Uncut. (T) 4.15 T4: The Simpsons. (R) (T) 4.45 Time Team. (R) (T) 5.45 Scrapheap Challenge. (T) 6.45 Channel 4 News. (T) 7.00 FILM: The Land Girls (1997). Three Land Army workers are sent to a farm, where they fall for the owner's son. Wartime drama, starring Catherine McCormack, Rachel Weisz and Anna Friel. (T) 9.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 10.00 The Sunday Night Project. Comedy entertainment show with Justin Lee Collins and Alan Carr, featuring guest hosts Boyzone, who provide insight into their unique celebrity lifestyle. (T) 11.05 Back to You. (T) 11.35 8 Out of 10 Cats. (R) (T) 12.10 FILM: I'm Not Scared (2003). Premiere. Thriller, starring Giuseppe Cristiano. 2.00 4Music: Road to V 2008. (R) (T) 2.10 Big Brother Live. 4.25 St Elsewhere. (R) (T) 5.20 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Sailor Sid. (R) (T) 6.20 Aussie Antics. (R) (T) 6.25 Angels of Jarm. (R) (T) 6.30 Elmo's World. (R) (T) 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.00 Fifi and the Flowertots. (R) (T) 7.10 Little Princess. (R) (T) 7.25 The Beeps. (R) (T) 7.40 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.50 The Milkshake! Show. (T) 8.15 Thomas & Friends. (R) (T) 8.25 Look! (R) (T) 8.30 Hana's Helpline. (R) (T) 8.45 The Mr Men Show. (R) (T) 9.00 Gerald McBoing Boing. (T) 9.30 Mist: Sheepdog Tales. (R) (T) 9.45 Demolition Dad. (R) (T) 10.00 The Gadget Show. (R) (T) 11.00 Monster Moves. (R) (T) 12.00 Ice Road Truckers. (R) (T) 1.00 Warship. (R) (T) 2.00 FILM: Columbo: Murder - A Self Portrait (1989). Crime drama, starring Peter Falk. (T) 4.00 five news and sport. (T) 4.15 FILM: My Stepmother Is an Alien (1988). Cosmic comedy, with Kim Basinger. (T) 6.05 FILM: Charlie's Angels (2000). The famous trio strive to rescue an electronics genius's latest invention from a cunning rival. Cheery action adventure, starring Drew Barrymore, Lucy Liu and Cameron Diaz. (T) 8.00 Extraordinary People: The World's Tallest Man. The UK's leading gigantism specialist Michael Besser travels to the Ukraine to treat the 8ft 4in Leonid Stadnyk before his condition kills him. (R) (T) 9.00 Greatest Ever Romantic Movies. The nation's top 40 romantic films as voted by Five viewers and readers of The Times newspaper. Movies that feature include Casablanca and Breakfast at Tiffany's. (R) (T) 11.40 Disorderly Conduct. (R) (T) 12.45 Live Major League Baseball. A game from North America. 4.20 IndyCar Series. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1
0630 Brinca Comigo 0900 Eucarista Dominical 1000 Especial Dia da Criança 1300 News 1415 Especial dia da Crianaça 1700 Aldeia da Roupa Branca, film 1915 Vila Faia 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2130 Os Contemporâneos 2200 Training Day, film 0030 Night Train to Venice, film 0400 Sexta À Noite 0605 Nòs

RTP2
0700 Euronews 0730 África Global 0800 Músicas de àrtica 0900 Caminhos 0930 70x7 1000 Nós 1045 Da Terra Ao Mar 1115 Consigo 1200 Vida por Vida 1230 Zig Zag 1445 A Voz do Cidadão 1500 Sport 1900 Encontros Imediatos 1930 A Alma e a Gente 2000 Próxima Paragem 2030 Bombordo 2100 Desafio Verde 2200 News 2230 Câma Clara 0050 Onda Curta 0115 Sport 0515 Euronews

SIC
0645 Sic Kids 0830 Disney Kids 1030 Chiquititas 1200 Life in Cold Blood 1300 News 1415 Fame 1515 O Melhor do Mundo 1800 Film TBA 2000 News 2145 O Melhor do Mundo 2330 Duas Caras 0015 Aqui não há Quem Viva 0115 A Lei do Mais Forte 0215 A Vedeta 0245 Quando o Telefone Toca 0445 Amazónia

TVI
0645 Children's TV 1000 Missa 1300 News 1400 Red Heat, film 1630 Elektra, film 1900 News 1940 Football: Euro 2008 2130 A outra 2230 Casos da Vida 0130 Wolf Twelve Monkeys, film 0300 Sempre a Sonhar 0400 Eureka 0500 Telesales

Best of the Rest

BBC3
7.00 Glastonbury Live 8.00 Doctor Who 8.45 Doctor Who Confidential 9.00 Greek 9.45 Greek Uncovered 10.00 Glastonbury Live 12.30 Glastonbury: The Best Bits 2.00 Glamour Girls 2.30 Glamour Girls 3.00 Glamour Girls 3.30 Glamour Girls 4.00 Doctor Who Confidential 4.15 Greek Uncovered 4.30 Close

BBC4
7.00 The Secret Life of the Motorway 8.00 Michael Palin and the Mystery of Hammershoi 9.00 Glastonbury Live 10.00 Strictly Courtroom 11.30 Film: The Boys PG (1962) 1.30 The Secret Life of the Motorway 2.30 Strictly Courtroom 4.00 Close

ITV2
3.40 Coronation Street 6.00 The World's Got Talent 7.00 America's Got Talent 9.00 Supernatural 10.00 Katie & Peter: The Next Chapter 11.00 Film: Coming to America 15 (1988) 1.15 Smallville 2.10 Teleshopping

Sky One
1.00 Futurama 1.30 Futurama 2.00 Futurama 2.30 Futurama 3.00 Futurama 3.30 The Boyz Are Back in Town 4.30 Boyzone Live 5.30 The Simpsons 6.00 Gladiators 7.00 Don't Forget the Lyrics 8.00 The Simpsons 8.30 The Simpsons 9.00 Top 50 Showbiz Comebacks 11.00 Gladiators 12.00 Road Wars 1.00 Street Wars 1.50 Film: Bitten 18 (2007) 3.25 Film: Depth Charge 15 (2008) 4.55 Bite Size Brainiac 5.10 Guilty!

UKTV Gold
1.00 Sorry! 1.40 The Two Ronnies 2.40 The Two Ronnies Sketchbook 3.20 Open All Hours 4.00 The Two Ronnies Sketchbook 4.40 Open All Hours 5.20 The Two Ronnies Sketchbook 6.00 Porridge 6.40 The Two Ronnies Sketchbook 7.20 Open All Hours 8.00 Film: Spider-Man 2 PG (2004) 10.30 Little Britain 11.05 The Ruby in the Smoke 1.05 The Good Life 1.40 Charlie's Angels 2.30 Charlie's Angels 3.15 Charlie's Angels 4.05 Charlie's Angels 4.50 Dallas 5.35 Neighbours

TCM
1.00 Somewhere I'll Find You PG (1942) 3.00 The Wizard of Oz PG (1939) 4.55 20,000 Years in Sing Sing U (1933) 6.15 Where Eagles Dare PG (1969) 9.00 Plenty 18 (1985) 11.15 Sitting Target 15 (1972) 12.55 Mutiny on the Bounty 15 (1962) 3.50 The Girl from Missouri PG (1934) 5.00 Once a Thief PG (1965)

The Disney Channel
Kids' programmes from 7am, except: 4.00 Film: Model Behavior PG (2000) Comedy, starring Maggie Lawson.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

MOVIES

Sky Movies Drama

6.20 Simon Birch PG (1998) 8.30 Undercover Angel PG (1998) 10.15 Eight Below PG (2005) 12.20 Rest in Peace, Mrs Columbo PG (1990) With Peter Falk. 2.05 Bobby 15 (2006) With Laurence Fishburne. 4.10 Falsely Accused PG (1993) With Lisa Hartman Black. 6.00 Patch Adams 12 (1998) With Robin Williams. 8.00 Bobby 15 (2006) With Laurence Fishburne. 10.00 Up Close and Personal 15 (1996) With Michelle Pfeiffer. 12.15 Billy Bathgate 15 (1991) With Dustin Hoffman. 2.15 Hard Men 18 (1996) With Vincent Regan. 3.55 Deep Family Secrets PG (1997) 5.40 Drama Close Up

Sky Movies Comedy

6.05 The Duke U (1999) 7.35 Teenage Mutant Ninja Turtles III PG (1992) 9.15 The Top 10 Show 9.35 Mr Bean's Holiday PG (2007) 11.10 Sister Act PG (1992) With Whoopi Goldberg. 12.55 Talladega Nights: The Ballad of Ricky Bobby 15 (2006) With Will Ferrell. 3.00 Teenage Mutant Ninja Turtles III PG (1992) With Elias Koteas. 4.40 Sister Act PG (1992) With Whoopi Goldberg. 6.25 Mr Bean's Holiday PG (2007) With Rowan Atkinson. 8.00 Talladega Nights: The Ballad of Ricky Bobby 15 (2006) With Will Ferrell. 10.05 Jackass Number Two 18 (2006) With Johnny Knoxville. 11.45 Addicted to Love 15 (1997) With Meg Ryan. 1.30 Jackass Number Two 18 (2006) With Johnny Knoxville. 3.10 An Alan Smithee Film: Burn, Hollywood, Burn 12 (1997) 4.40 The Duke U (1999)

Sky Movies Action

6.50 Lone Wolf McQuade 18 (1983) 8.40 Pirates of the Caribbean: Dead Man's Chest 12 (2006) 11.10 Edison 15 (2005) With Morgan Freeman. 12.50 Blood Diamond 15 (2006) With Leonardo DiCaprio. 3.25 Mission: Impossible III 12 (2006) With Tom Cruise. 5.35 16 Blocks 12 (2006) With Bruce Willis. 7.30 Pirates of the Caribbean: Dead Man's Chest 12 (2006) With Johnny Depp. 10.10 Mission: Impossible III 12 (2006) With Tom Cruise. 12.15 Edison 15 (2005) With Morgan Freeman. 1.55 Blow Out 18 (1981) With John Travolta. 3.50 The Young Americans 18 (1993) 5.35 Warriors of Virtue PG (1997)

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Wild Spirits 7.00 Premiership Years 9.00 Where Are They Now? 9.30 Cricket Writers on TV 10.30 Where Are They Now? 11.00 Live European Tour Golf. The Open de France. 4.00 Where Are They Now? 4.30 Indy Racing League 7.00 World Sport 7.30 Where Are They Now? 8.00 Live US Women's Open Golf. The fourth and final day in Edina, Minnesota. 11.00 Golf Night 12.00 Where Are They Now? 12.30 US Women's Golf 3.30 Golf Night 4.30 Where Are They Now? 5.00 Watersports World

Sky Sports 2

6.00 Race World 7.00 International Cricket 9.00 Watersports World 10.00 Polo 11.00 Live Cricket. Sussex v Lancashire. 6.30 Wild Spirits 7.00 Live NASCAR. The Lenox Industrial Tools 301. 11.00 Premiership Years 1.00 Wild Spirits 1.30 Pipeline Adventures 2.00 Close

Sky Sports 3

6.00 Watersports World 7.00 Polo 8.00 WWE: Vengeance Preview 8.30 WWE: Afterburn 9.30 WWE Vintage Collection 10.30 WWE: Vengeance Preview 11.00 Wild Spirits 11.30 Racing News 12.00 WWE: Vengeance Preview 12.30 International Rugby Union 2.00 WWE: Vengeance Preview 2.30 Speedway 5.30 WWE: Experience 6.30 WWE: Vengeance Preview 7.00 WWE Special 8.00 Polo 9.00 Watersports World 10.00 WWE: Vengeance Preview 10.30 WWE: Late Night - Afterburn 11.30 WWE Vintage Collection 12.30 WWE: Vengeance Preview 1.00 Race World 2.00 World Sport 2.30 Close

British Eurosport

7.30 Euro 2008 Show 8.00 Live Volleyball. Germany v Brazil. 10.00 Volleyball 10.30 Euro 2008 Show 11.00 Strongest Man 12.00 French Rugby 1.00 Volleyball 2.00 Live Volleyball. Poland v USA. 4.00 Live Volleyball. Turkey v Germany. 5.00 Euro 2008 Show 5.15 Live Volleyball. Turkey v Germany. 6.00 World Superbikes 7.30 MotoGP 8.30 Triathlon 9.00 Strongest Man 10.00 Beach Volleyball 10.30 Motorsports Weekend 11.00 Volleyball 12.00 Motorsports Weekend 12.30 Euro 2008 Show 12.45 Close

Sky Sports Xtra

6.00 Pipeline Adventures 6.30 World Sport 7.00 International Rugby Union 8.30 Speedway 11.30 Masters Football 2.30 Live International Cricket. West Indies v Australia. 10.30 Polo 11.30 Max Power 12.30 Watersports World 1.30 World Sport 2.00 Close

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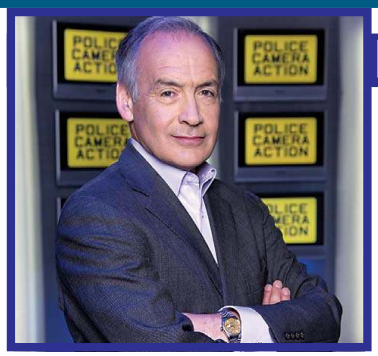
LAGOS EXHIBITION

Exhibition featuring the work of N.E.C.I
at Lagos Slave market
June 21st – 30th – 9am until late
10% of all sales will be donated along with any monies raised

BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Sun, Sea and Bargain Spotting; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Wimbledon 2008. Live coverage of day seven at the All England Club. Coverage continues on BBC2. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Panorama. Investigating the rise of armed teenage street gangs. The documentary reveals that even hardened gangsters are shocked by current levels of violence and follows the Merseyside Police's Matrix Squad in their efforts to stem gun culture. Featuring contributions from the young offenders themselves; (T) BBC News; Regional News. (T)
8.00 EastEnders. A distraught Max makes a shock announcement in the Vic, putting Tanya under pressure. Bradley is thrilled to be back with Stacey, but she feels uncomfortable about the attention their reunion is receiving. A mysterious benefactor lavishes gifts on Bianca and her family, and Mo pawns Brenda's horn - much to Charlie's embarrassment. (T)
8.30 On the Fiddle? New series in which the Organised Fraud Team provide access to their investigations. The first instalment reveals how a seemingly respectable middle-aged woman and her cousin were found guilty of falsely claiming more than #2million in benefits by using 192 stolen identities. (T)
9.00 Criminal Justice. New thriller starring Ben Whishaw and Bill Paterson. A man faces the full force of the British legal system after waking up following a drunken night out to find himself accused of murdering a woman - with no memory of what happened. Unsure of his innocence, Ben's parents hire an eminent lawyer, but no one can prepare him for the many terrifying trials that lie ahead. Continues all week. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 FILM: Lord of War (2005). Premiere. Drama, starring Nicolas Cage; (T) Weatherview. (T)
12.40 Sign Zone: Living the Dream Revisited. (R) (T) 1.40 Sign Zone: Women in Black. (R) (T) 2.10 Sign Zone: DIY SOS. (R) (T) 2.40 Sign Zone: Hard Sell. (R) (T) 3.10 BBC News. (T)



Pick of the Day

Police, Camera, Action! (ITV1 Granada, 9pm)
The show that shines a light on some of the worst driving practices ever captured on camera returns for five one-hour specials presented by Alastair Stewart and Adrian Simpson. In a variety of challenges exploring themes from dangerous roads to boy racers, Adrian puts himself, and the public, to the test. The first of these five specials, Ultimate Bad Drivers, looks at five of the worst driving offender types — boy racers, OAPs, school-run mums, travelling sales reps and perhaps the most notorious of all: white van man. Do these types of drivers really deserve their bad reputation? Shocking police footage provides examples of each one at their worst while five members of the public — representing the five groups — are challenged to re-sit their driving tests and prove the stereotype wrong. Adrian Simpson takes the ultimate driving test to see how he measures up as a police pursuit officer. And, while he attempts to spot road hazards at high speeds, there's more hazardous driving caught on camera in the search for the worst of the worst behind the wheel.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (R) (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Good Bid Good Buy. (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Heartbeat. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Mel gives Greg an ultimatum when he confronts her about not correcting an assumption that the signing class teacher made about Arthur being their son. Marlon prepares to contact rival pub the Malt about their job offer but Donna urges him to reconsider. (T)
7.30 Coronation Street. Liz confides in Deirdre that she can't muster up the same enthusiasm as Vernon for the new bar, and after sacking Leanne in the heat of the moment, Michelle invites Becky to work at the Rovers. Claire has the last laugh on Sally when she strikes gold at No 13, and Tony puts his business plans in motion. (T)
8.00 Priced Off the Road? Tonight. Quentin Willson investigates how to beat the current crisis at the petrol pumps, asking whether using chip fat can slash 25 per cent off a company's fuel bills and exploring the future of gas-guzzlers. (T)
8.30 Coronation Street. Still reeling from Liz's decision not to run the bar, Vernon receives another blow when his tearful wife makes a confession. Becky accepts the job at the pub and Claire's windfall causes friction in the Webster household. Meanwhile, Rita rises to the bait when Tony makes her a proposition - much to Norris's dismay. (T)
9.00 Police, Camera, Action! Britain's most dangerous highways, byways and stretches of motorway come under the spotlight as Alastair Stewart and Adrian Simpson reveal the results of countrywide analysis into road safety and investigate how motorists can minimise risk. (T)
10.00 News at Ten and Weather. (T)
10.35 London News and Weather. (T)
10.40 FILM: Red Heat (1988). Action thriller, starring Arnold Schwarzenegger. (T)
12.35 Wright Across America. (T) 1.30 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.25 Loose Women. (R) (T) 3.10 Moving Day. (R) (T) 3.35 Moving Day. (R) (T) 4.00 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Small Talk Diaries. (R) (T) 7.45 The Secret Show. (R) (T) 8.00 Prank Patrol; (R) (T) The Owl. (R) (T) 8.30 CBeebies: Get Squiggling. (R) (T) 8.45 Something Special. (R) (T) 9.00 Bob the Builder: Project Build It. (R) (T) 9.10 Charlie and Lola; (R) (T) Fimbles Songtimes. (R) (T) 9.30 Big Barn Farm. (T) 9.45 Nina and the Neurons. (T) 10.00 In the Night Garden. (R) (T) 10.30 Earth: The Power of the Planet. (R) (T) 11.30 The Daily Politics. (T) 12.00 Wimbledon 2008. Live coverage of day seven at SW19. Coverage continues on BBC1. (T) 3.25 CBeebies: LazyTown. (R) (T) 3.50 CBBC: Animalia. (T) 4.15 Uncle Max. (R) (T) 4.25 Roar; (R) (T) Bernard. (R) (T) 5.00 Grange Hill. (T) 5.25 Newsround. (T) 5.30 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2008. The closing stages of day seven at the All England Club. (T) 8.00 Today at Wimbledon. Highlights of day seven at the All England Club. (T) 9.00 Mary, Queen of Shops. Retail expert Mary Portas helps a professional stylist and her partner revive the fortunes of their flagging south London boutique. (T) 10.00 Grumpy Old Women. Celebrities including Sheila Hancock, Arabella Weir, Dillie Keane and Fiona Phillips moan about family related matters, including lazy teenagers who then grow up and flee the nest. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Tribal Wives. (R) (T) 12.20 Meerkat Manor. (R) (T) 12.45 Meerkat Manor. (R) (T) 1.10 BBC News. (T) 3.10 Close. 4.00 BBC Learning Zone. (T)

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Big Brother's Little Brother. (R) (T) 8.00 Big Brother. (R) (T) 9.00 Frasier. (R) (T) 9.30 Frasier. (R) (T) 9.55 ER. (R) (T) 10.55 Without a Trace. (R) (T) 11.55 3 Minute Wonder: FourDocs. (R) (T) 12.00 News at Noon. (T) 12.30 Will & Grace. (R) (T) 12.55 FILM: The Trouble with Angels (1966). Comedy, with Hayley Mills. (T) 2.55 Cook Yourself Thin. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.50 The Truth About Street Weapons. New series of short films examining the effect of gang-related violence. (T) 8.00 Dispatches: The Truth About Street Weapons. Attempts to educate youths on the effects of carrying weapons. (T) 9.00 Kids, Knives and Broken Lives. Hearing from young people on the streets of London, Birmingham, Manchester and Bradford, this documentary provides personal insight into why so many teenagers today carry weapons. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.05 The Truth About Street Weapons. (T) 12.10 4Music: Independents Day. (T) 12.20 4Music: Independents Day. (T) 12.35 FILM: Guinevere (1999). Drama, starring Stephen Rea. (T) 2.25 Big Brother Live. 3.20 The Truth About Street Weapons. (R) (T) 4.20 St Elsewhere. (R) (T) 5.10 Richard & Judy. (R) (T)

FIVE

6.00 Milkshake!: The Beeps. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (R) (T) 6.45 Fireman Sam. (R) (T) 7.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.15 Ebb and Flo. (R) (T) 7.20 Hana's Helpline. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.40 Insect Antics. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.15 Mio Mao. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Milkshake! Music Box. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 The Property List. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (T) 3.05 five news update. (T) 3.15 FILM: Baby for Sale (2004). Fact-based drama, starring Dana Delany. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 How Do They Do It? Robert Llewellyn explores the use of fibre optics in telecommunications, the transportation of goods into the UK and the production of zips in China; (R) (T) 7.30 five news update. (T) 8.00 The Gadget Show. Examining heavy-duty torches and single-lens reflex cameras; (T) 8.00 five news at 9. 9.00 Greatest Ever Blockbuster Movies. Countdown of the nation's favourite smash hit movies. (R) (T) 11.45 Disorderly Conduct. (R) (T) 12.50 NASCAR. 1.35 US PGA Golf. 2.25 Seniors Golf. 3.15 Boxing: Fight of the Week. 4.25 NBA 360. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Prova de Amor 1530 Portugal no Coração 1800 Portugal Em Directo 1905 O Preço Certo 2000 News 2100 Nitas Soltas 2130 Quem Quer Ser Milionário 2230 Prós e Contras 0145 Black Cat Run, film 0315 Euronews 0400 Portugal no Coração 0605 Nós
RTP2
0700 Euronews 0715 Zig Zag 1300 Entre Pratos 1400 Soceidade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fè Dos Homens 1905 Eurodeputados 1945 Zig Zag 2045 Friends 2115 National Geographic 2150 A Hora da Sorte 2200 News 2240 Erva 2310 Californication 2340 Bastidores 0030 Noites da 2 0115 Universidades 0145 Diga lá Excelência 0230 Eurodeputados 0300 Soceidade Civil 0430 Euronews
SIC
0700 Sic Noticias 0830 Sic Kids 0915 Floribella 1000 Fátima 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Pura 1900 Sete Pecados 2000 News 2130 Clube Portugal 2200 Ciranda de Pedra 2245 Desejo Proibido 2330 Duas Caras 0030 CSI Las Vegas 0130 CSI Miami 0230 Quando O Telefone Toca
TVI
0700 Diário da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açucar 1900 News 2200 Fascínios 2300 Deixa-me 0200 Toca a Ganahr 0345 Film TBA 0530 Telesales

Best of the Rest

BBC3
7.00 Glastonbury: The Best Bits 8.30 Snog, Marry, Avoid? 9.00 Jess: My New Face 10.00 EastEnders 10.30 The Mighty Boosh 11.00 Family Guy 11.25 Family Guy 11.45 Jess: My New Face 12.45 Snog, Marry, Avoid? 1.15 Glastonbury: The Best Bits 2.45 The Mighty Boosh 3.15 Scallywagga 3.45 Scallywagga 4.15 Scallywagga 4.45 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Pop Go the Sixties 7.35 Batman 8.00 The Life of Mammals 9.00 Samuel Johnson Prize 2008: The Contenders 10.00 Film: The Verdict 15 (1982) 12.05 Strictly Courtroom 1.35 Jews 2.35 Strictly Courtroom 4.05 Close
ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Gossip Girl 9.00 Film: Coming to America 15 (1988) 11.15 Coronation Street 11.45 Coronation Street 12.15 Katy Brand's Big Ass Show 12.45 Film: City Slickers 15 (1991) 2.45 Teleshopping 5.45 ITV2 Nightscreen
Sky One
1.00 Cold Case 2.00 Tru Calling 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Gladiators 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Night Cops 10.00 Road Wars 11.00 Inside: America's Toughest Jail 12.00 Road Wars 1.00 Road Wars 1.50 Tru Calling 2.40 Cold Case 3.30 Cruise with Stelios: Caribbean 3.55 Cruise with Stelios: Caribbean 4.20 Rescue Me 5.10 Guilty!
UKTV Gold
1.20 Last of the Summer Wine 2.00 Only Fools and Horses 2.40 The Good Life 3.20 My Family 4.00 The Two Ronnies 5.00 The Thin Blue Line 5.40 My Family 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 The Good Life 8.20 My Family 9.00 Only Fools and Horses 9.40 I'm Alan Partridge 10.20 The Royle Family 11.00 Little Britain 11.40 The Story of Only Fools and Horses 12.55 The Good Life 1.40 The New Adventures of Old Christine 2.05 Baywatch 2.45 Friday Night with Jonathan Ross 3.40 The Good Life 4.10 2point4 Children 4.40 EastEnders 5.10 Neighbours 5.35 Neighbours
TCM
1.00 The Cazalets 3.00 The Swan U (1956) 4.55 International Velvet PG (1978) 7.00 It Started with a Kiss PG (1959) 9.00 Brainstorm 15 (1983) 10.55 The Strawberry Statement 15 (1970) 12.50 Soylent Green 15 (1973) 2.30 The Four Horsemen of the Apocalypse PG (1961) 5.00 The Loved One PG (1965)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.10 Can't Be Heaven PG (1999) 8.00 Sam Churchill: Search for a Homeless Man PG (1998) 9.40 A Marriage of Convenience PG (1998) 11.20 The Simple Life of Noah Dearborn PG (1999) With Sidney Poitier. 1.00 Robin Hood PG (1990) With Patrick Bergin. 3.00 Taken Away PG (1996) With Michael Tucker. 4.40 In the Line of Duty: Siege at Marion PG (1992) With Ed Begley Jnr. 6.20 Driven to Succeed PG (2004) With Cybill Shepherd. 8.00 Flags of Our Fathers 15 (2006) With Ryan Phillippe. 10.15 The World's Fastest Indian 12 (2006) With Anthony Hopkins. 12.30 Basic Instinct 2 18 (2006) With Sharon Stone. 2.30 See You in the Morning 15 (1989) With Jeff Bridges. 4.40 Can't Be Heaven PG (1999)

Sky Movies Comedy

6.15 The Most Fertile Man in Ireland 15 (1999) 8.00 Evan Almighty Special 8.30 Shooting Fish 12 (1997) 10.30 Stick It PG (2006) 12.15 Drop Dead Fred 12 (1991) With Rik Mayall. 2.00 The Top 10 Show 2.15 Click 12 (2006) With Adam Sandler. 4.15 A Fish Called Wanda 15 (1988) With John Cleese. 6.15 Stick It PG (2006) With Missy Peregrym. 8.00 Wild Wild West 12 (1999) With Will Smith. 10.00 Click 12 (2006) With Adam Sandler. 11.55 A Fish Called Wanda 15 (1988) With John Cleese. 1.45 Shooting Fish 12 (1997) With Dan Futterman. 3.40 Woo 15 (1998) 5.10 Racing Ace PG (2005)

Sky Movies Action

7.30 Walker, Texas Ranger: Trial by Fire 12 (2005) 9.15 Tsotsi 15 (2005) 11.05 Fearless 15 (2006) With Jet Li. 1.05 Walker, Texas Ranger: Trial by Fire 12 (2005) With Chuck Norris. 2.50 Tsotsi 15 (2005) With Presley Chweneyagae. 4.40 Action & Thriller Close Up 5.10 Fearless 15 (2006) With Jet Li. 7.00 Firewall 12 (2006) With Harrison Ford. 9.00 Tango & Cash 18 (1989) With Sylvester Stallone. 10.50 Underworld: Evolution 18 (2006) With Kate Beckinsale. 12.40 RoboCop 18 (1987) With Peter Weller. 2.35 Hard Eight 18 (1996) With Gwyneth Paltrow. 4.30 Angel Flight Down PG (1996)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcasting stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 NASCAR 11.00 Live Cricket. Sussex v Lancashire. 6.00 Sky Cricket Classic 6.30 Wild Spirits 7.00 Where Are They Now? 7.30 Live Speedway. Lakeside Hammers v Coventry Bees. 9.30 Where Are They Now? 10.00 World Motor Sport 12.30 Soccer AM: The Best Bits 1.30 Speedway 3.30 Golf 5.00 Soccer AM: The Best Bits

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 WWE: Bottom Line 8.00 Watersports World 9.00 Max Power 10.00 US Women's Open Golf 1.00 Golf Night 2.00 Watersports World 3.00 US Women's Open Golf 6.00 Golf Night 7.00 Golf 8.30 Sports Adventure 9.00 Wild Spirits 9.30 Max Power 10.30 Golf 12.00 Sports Adventure 12.30 Wild Spirits 1.00 Max Power 2.00 World Motor Sport 4.30 Close

Sky Sports 3

10.00 Pipeline Adventures 10.30 Sports Adventure 11.00 Aerobics Oz Style 11.30 Racing News 12.00 NASCAR 2.00 Pipeline Adventures 2.30 Wild Spirits 3.00 NASCAR 5.00 WWE: Raw 8.00 World Motor Sport 10.30 Sports Adventure 11.00 WWE: Late Night - Bottom Line 12.00 WWE: Late Night - Afterburn 1.00 Extreme Championship Wrestling 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

British Eurosport

7.30 Motorsports Weekend 8.00 MotoGP 9.00 Beach Volleyball 9.30 Beach Volleyball 10.00 Volleyball 11.15 Volleyball 12.30 Volleyball 2.00 MotoGP 3.00 World Superbikes 4.00 Volleyball 5.00 Volleyball 6.30 Viking 7.00 World Superbikes 8.30 MotoGP 10.00 UEFA Euro 2008 12.00 Euro 2008 Show 12.30 Close

Sky Sports Xtra

4.00 Pipeline Adventures 4.30 Aerobics Oz Style 5.00 Bass Fishing 6.00 Pipeline Adventures 6.30 Aerobics Oz Style 7.00 Bass Fishing 8.00 Pipeline Adventures 8.30 Wild Spirits 9.00 Watersports World 10.00 Bass Fishing 11.00 Pipeline Adventures 11.30 Wild Spirits 12.00 Bass Fishing 1.00 Pipeline Adventures 1.30 Wild Spirits 2.00 Close

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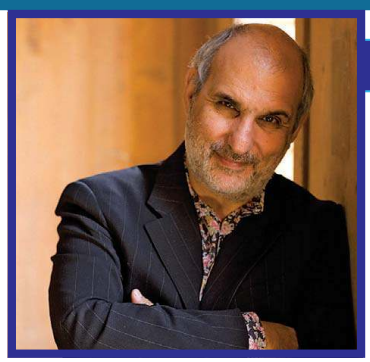
BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Sun, Sea and Bargain Spotting; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Wimbledon 2008. The ladies' quarter-finals at the All England Club. Coverage continues on BBC2. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Mickey announces he's taking the job offered to Keith, hoping to make him reconsider. Shirley comes up with a money-making quiz night at the Vic, but things don't go as planned, and Bianca is surprised when a TV is delivered to Pat's house. The drinkers at the pub are shocked when a blood-covered Sean stumbles in; (T) BBC News; Regional News. (T)
8.00 Holby City. Linden is distraught and struggles to control his emotions when he discovers graffiti on his wife's grave, and Jac is rushed into theatre when she suddenly falls victim to a dangerous lung condition. Elliot compounds Lady Byrne's decision to step down by joining her in resigning from the foundation, leaving Connie and Michael in charge. (T)
9.00 Criminal Justice. Ben must quickly learn the ropes in prison if he is to survive behind bars, but makes an inauspicious start by offending the powerful inmate who runs the wing. The prosecutors offer him the lesser charge of manslaughter, but Ben refuses to plead guilty to a crime he cannot recall committing. Thriller, starring Ben Whishaw, David Harewood and Con O'Neill. Continues all week. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Imagine. Alan Yentob travels to Los Angeles to meet acclaimed director, screenwriter and producer Werner Herzog. The pair discuss Herzog's career to date, including films such as Rescue Dawn, Grizzly Man and Fitzcarraldo - one of several projects that saw him working with eccentric actor Klaus Kinski. They also talk about what the future might hold for a man known to be uncompromising in his search for the truth. Last in series. (T)
11.35 FILM: Capricorn One (1978). Thriller, starring Elliott Gould; (T) Weatherview. (T)
1.40 Sign Zone: Last Orders. (R) (T) 3.10 Sign Zone: Russia: A Journey with Jonathan Dimbleby. (R) (T) 4.10 Sign Zone: Hard Sell. (R) (T) 4.40 BBC News. (T)



Pick of the Day

Imagine (BBC1, 10.35pm)

Werner Herzog's name has become a byword for experimental cinema and refusal to compromise. He is the most enigmatic of directors, with a life story that rivals those of his cinematic creations in terms of drama and controversy. Legendary for his search for the 'real truth', Herzog has a reputation for pushing cast, crew and studios to the absolute limit. Rumoured stories from his best-known film, Fitzcarraldo, are of a catastrophe-riddled shoot in the Peruvian jungle, which took three years; saw two plane crashes; a border war and attacks from a hostile tribe. Spending time with Herzog at some of his favourite Los Angeles locations, presenter Alan Yentob attempts to uncover whether he is really the maverick risk taker he appears to be. He also questions what the future holds for Herzog and asks whether he will succeed in bucking the Hollywood system or be forced to compromise his unique vision. With footage from Herzog's extensive back catalogue, including Rescue Dawn, Grizzly Man, Even Dwarfs Started Small and Fitzcarraldo, the documentary provides a revealing insight into one of modern cinema's most surprising and complex filmmakers.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Good Bid Good Buy. (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Heartbeat. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale: Blood Ties. Doug fears Ashley may give Arthur back to the Dolands, but after a suggestion from Betty, he tries to force Laurel to spend time alone with her son and bond with the baby by leaving her alone with him - but the young mother becomes terrified of history repeating itself. Viv and Bob call a family meeting to discuss the future of the twins but Louise also has a suggestion about the business. (T)
8.00 Crash Scene Investigators. The rigorous work of police experts in Devon and Cornwall as they investigate the cause of road accidents, featuring the case of a Royal Marine on leave after a spell in Afghanistan who was hit by a car as he walked along the A38 early one morning. Investigators also try to determine why a 32-ton truck on the same stretch of road hit a cyclist, leaving him with life-threatening injuries. (T)
9.00 Doc Martin. Louisa is eager to be promoted to head teacher, but a spate of sickly children and a frosty relationship with the board of governors, including a surly Dr Ellingham, threaten her chances. Mrs Cronk scalds herself at the fish and chip shop and has to put Bert in charge. To everyone's amazement, the business does a roaring trade - but Al suspects his father is cutting corners. (R) (T)
10.00 News at Ten and Weather. (T)
10.35 London News and Weather. (T)
10.40 Kingdom. A trawlerman enlists the help of Kingdom and Kingdom when an insurance company refuse to settle his claim, while Beatrice makes a big impression at an art class. (R) (T)
11.40 Confessions. Professional chefs reveal what really goes on in restaurant kitchens, explaining how the long hours and stressful conditions can make it risky for a customer who dares to make a complaint. (R) (T)
12.10 Bingo Night Live. 1.10 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.05 Loose Women. (R) (T) 2.55 The Jeremy Kyle Show. (R) (T) 3.50 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Small Talk Diaries. (R) (T) 7.45 The Secret Show. (R) (T) 8.00 Prank Patrol; (R) (T) The Owl. (R) (T) 8.30 CBeebies: Get Squiggling. (R) (T) 8.45 Something Special. (R) (T) 9.00 Bob the Builder: Project Build It. (R) (T) 9.10 Charlie and Lola; (R) (T) Fimbles Songtimes. (R) (T) 9.30 Big Barn Farm. (R) (T) 9.45 Nina and the Neurons. (T) 10.00 In the Night Garden. (R) (T) 10.30 Yesterday at Wimbledon. (T) 11.30 The Daily Politics. (T) 12.00 Wimbledon 2008. The ladies' quarter-finals. Coverage continues on BBC1. (T) 3.25 CBeebies: LazyTown. (R) (T) 3.50 CBBC: Animalia. (T) 4.15 Uncle Max. (R) (T) 4.25 The Cramp Twins. (R) (T) 4.35 Dinosapien. (R) (T) 5.00 Blue Peter. (T) 5.25 Newsround. (T) 5.30 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2008. The closing stages of day eight at the All England Club. (T) 8.00 Today at Wimbledon. Highlights from the ladies' quarter-finals. (T) 9.00 Duncan Bannatyne Takes On Tobacco: This World. Duncan Bannatyne travels to Africa to assess the rise in underage smoking. He visits Mauritius, Nigeria and Malawi and investigates the tactics used in the sale of cigarettes to youngsters. (T) 10.00 The Culture Show. Former Big Brother contestants discuss George Orwell's 1984, and musician Bishi grants access to rehearsals for her collaboration with the London Symphony Orchestra. (T) 10.30 Newsnight; Weather. (T) 11.20 The Conspiracy Files. (R) (T) 12.20 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 Frasier. (R) (T) 9.25 Frasier. Martin unwittingly eats a marijuana-laced brownie. (R) (T) 9.55 ER. (R) (T) 10.50 Without a Trace. (R) (T) 11.40 The Midland: Checking Into History. (R) (T) 12.00 News at Noon. (T) 12.30 Supporting Acts. (R) (T) 12.40 FILM: Where Angels Go, Trouble Follows (1968). Comedy, starring Rosalind Russell. (T) 2.20 Selling Houses Abroad. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.50 The Truth About Street Weapons. The gang-fighting culture of Glasgow. (T) 8.00 10 Years Younger. The team help a yoga teacher whose love of sunbathing has left her skin badly damaged. Nicky Hambleton-Jones also hits the streets to give makeovers to members of the public. (T) 9.00 Gordon Ramsay's F Word. Matt Dawson and family help the chef cook a three-course meal. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.05 The Truth About Street Weapons. (T) 12.25 Premier League Poker. (T) 1.20 British Superbike Championship. 2.15 Big Brother Live. 4.25 KOTV. (T) 4.50 FIA GT Championship. (T) 5.15 British Triathlon Grand Prix. (R) (T)

FIVE

6.00 Milkshake!: The Beeps. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (R) (T) 6.45 Fireman Sam. (R) (T) 7.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.15 Ebb and Flo. (R) (T) 7.20 Hana's Helpline. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.40 Insect Antics. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.15 Mio Mao. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Milkshake! Music Box. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 The Property List. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (T) 3.05 The Family Recipe. (R) (T) 3.15 FILM: Love's Long Journey (2005). Premiere. Western, starring Erin Cottrell. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Extraordinary Animals. A chimpanzee with a remarkable grasp of English; (T) 7.30 five news update. (T) 8.00 Was Dr Crippen Innocent?: Revealed. Revisiting the notorious murder case; (T) 8.00 five news at 9. 9.00 CSI: Crime Scene Investigation. A doctor's wife and a newspaper editor are found dead. (R) (T) 10.00 CSI: NY. The bodies of two scuba divers are found in the East River; (R) (T) five news update. (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 FBI Files. (T) 1.05 European Drag Racing. 1.30 IndyCar Racing. 2.20 IndyCar Series. 3.10 Race and Rally UK. 3.35 Motorsport Mundial. 4.00 World Motocross Championship. 4.45 Golf: The Challenge. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegira 1300 News 1415 Prova de Amor 1530 Portugal No Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 30 Minutos 2130 Telerural 2200 Quem Quer Ser Milionário 2300 Sentido do Gosto 0100 Wanted, film 0400 Portugal no Coração 0605 Nós

RTP2
0700 Euronews 0715 Zig Zag 1300 Entre Pratos 1400 Socuedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fè dos Homens 1900 2010 1945 zig Zag 2045 Feinds 2110 National Geographic 2200 News 2240 Greys Anatomy 2300 Mozartmania 0030 Noites da 2 0115 Universidades 0145 Câmara Clara 0250 2010 0330 Sociedade Civil 0500 Euronews

SIC
0600 Sic Noticias 0900 Dia Em Grande 1000 Fátimas 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Oura 1900 Sete Pecados 2000 News 2200 Ciranda de Pedra 2245 Desejo Proibido 2330 Duas Caras 0030 CSI Las Vegas 0130 CSI Miami 0230 Quando o Telefone Toca

TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganha 1800 Morangos com Açucar 1900 News 2215 Doce Fugitiva 0015 Grizzly Rage, film

Best of the Rest

BBC3
7.00 Football Gaffes Galore 7.10 Film: Meet the Fockers 12 (2004) 9.00 Britain's Missing Top Model 10.00 EastEnders 10.30 Summer Heights High 11.00 Family Guy 11.45 Britain's Missing Top Model 12.40 Jess: My New Face 1.40 Glamour Girls 2.10 Glamour Girls 2.40 Glamour Girls 3.10 Glamour Girls 3.40 Shopping Is My Life 4.40 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Pop Go the Sixties 7.35 Batman 8.00 Bears: Spy in the Woods 9.00 What Happened Next? 10.00 The Armstrong & Miller Show 10.30 Miss Marie Lloyd: The Queen of the Music Hall 11.50 The Twenties in Colour: The Wonderful World of Albert Kahn 12.50 What Happened Next? 1.50 Miss Marie Lloyd: The Queen of the Music Hall 3.10 What Happened Next? 4.10 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Coleen's Real Women 8.00 Katie & Peter: The Next Chapter 9.00 Film: City Slickers 15 (1991) 11.10 Film: Jurassic Park III PG (2001) 1.00 The Black Donnellys 2.00 Teleshopping 5.00 ITV2 Nightscreen

Sky One
1.00 Cold Case 2.00 Tru Calling 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: The Fugitive 15 (1993) 11.30 Justin Lee Collins: 180 12.30 Road Wars 1.30 Road Wars 2.20 Tru Calling 3.10 Cold Case 4.00 Bite Size Brainiac 4.20 Rescue Me 5.10 Guilty!

UKTV Gold
1.20 Last of the Summer Wine 2.00 Only Fools and Horses 2.40 The Good Life 3.20 My Family 4.00 The Two Ronnies 5.00 The Thin Blue Line 5.40 My Family 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 The Good Life 8.20 My Family 9.00 Only Fools and Horses 9.40 I'm Alan Partridge 10.20 The Royle Family 11.10 Little Britain 11.50 The New Adventures of Old Christine 12.20 The New Adventures of Old Christine 12.50 DIY SOS 1.20 DIY SOS 1.50 Close Up 2.00 Prison Break 2.45 Fantasy Island 3.35 The Bill 4.20 Murder, She Wrote 5.05 EastEnders 5.35 Neighbours

TCM
1.00 The Cazalets 3.00 Hot Millions U (1968) 4.55 Zigzag PG (1970) 6.55 The Tender Trap PG (1955) 9.00 The Dirty Dozen 15 (1967) 11.45 Zabriskie Point 15 (1970) 1.45 Hysteria 15 (1965) 3.15 Arturo's Island 15 (1962) 5.00 The Seventh Cross PG (1944)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.30 What's Bugging Seth? 12 (2005) 8.15 Saving Milly PG (2005) 9.50 Honeymoon with Mom 12 (2006) 11.25 Martha: Behind Bars PG (2005) With Cybill Shepherd. 1.00 Marilyn and Me PG (1991) With Susan Griffiths. 2.35 ATL 12 (2006) With Tip Harris. 4.30 Mayday 12 (2005) With Aidan Quinn. 6.05 Proof 12 (2005) With Gwyneth Paltrow. 8.00 The Last King of Scotland 15 (2006) With Forest Whitaker. 10.05 Munich 15 (2005) With Eric Bana. 12.50 Hollywoodland 15 (2006) With Adrien Brody. 3.05 A Cry in the Dark 15 (1988) 5.15 What's Bugging Seth? 12 (2005)

Sky Movies Comedy

6.50 Project: ALF PG (1996) 8.30 Up 'n' Under 12 (1998) 10.15 The Shaggy Dog U (2006) 12.00 Action & Thriller Close Up 12.30 The Holiday 12 (2006) With Cameron Diaz. 2.50 Tenacious D in The Pick of Destiny 15 (2006) With Jack Black. 4.30 The Shaggy Dog U (2006) With Tim Allen. 6.15 Just My Luck PG (2006) With Lindsay Lohan. 8.00 The Holiday 12 (2006) With Cameron Diaz. 10.20 Tenacious D in The Pick of Destiny 15 (2006) With Jack Black. 12.00 Beerfest 18 (2006) With Erik Stolhanske. 2.00 Clerks II 15 (2006) With Brian O'Halloran. 3.40 Chubby Goes Down Under 18 (1998) 5.10 Let's Make Love U (1960)

Sky Movies Action

6.15 The Ice Harvest 15 (2005) 7.50 Ninja Dragons PG (1994) 9.25 Magic Kid 2 PG (1994) 11.00 Los Locos: Posse Rides Again 15 (1997) With Mario Van Peebles. 12.45 Double Jeopardy 15 (1999) With Ashley Judd. 2.35 The Ice Harvest 15 (2005) With John Cusack. 4.10 Gorky Park 15 (1983) With William Hurt. 6.25 Superman Returns 12 (2006) With Brandon Routh. 9.00 Double Jeopardy 15 (1999) With Ashley Judd. 10.50 The Departed 18 (2006) With Jack Nicholson. 1.25 Stay 18 (2005) With Ewan McGregor. 3.15 Mute Witness 18 (1995) 5.05 Back in Business PG (2007)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Speedway 11.00 Live Cricket. Sussex v Lancashire. 6.00 Motor Racing 6.30 Football Asia 7.00 European Challenge Tour Golf 8.00 Live Super League. Wakefield Trinity Wildcats v Catalans Dragons (Kick-off 8.00pm). 10.00 Poker 11.30 Football Asia 12.00 Super League 2.00 World Motor Sport 4.30 Sports Unlimited 5.30 Football Asia

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 WWE: Afterburn 8.00 Bass Fishing 9.00 Pipeline Adventures 9.30 Wild Spirits 10.00 World Motor Sport 12.30 Speedway 2.30 World Motor Sport 5.00 NFL: Total Access 6.00 Pipeline Adventures 6.30 Powerboating 7.00 Live Athletics. The Bank of Scotland Cup. 9.00 European Challenge Tour Golf 10.00 Pool 11.00 NFL: Total Access 12.00 Athletics 2.00 Volleyball 4.00 European Challenge Tour Golf 5.00 Close

Sky Sports 3

7.30 Golf 9.00 Volleyball 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Bass Fishing 1.00 NFL: Total Access 2.00 Pipeline Adventures 2.30 Golf 4.00 Bass Fishing 5.00 WWE: Smackdown 7.00 Pipeline Adventures 7.30 Live Greyhound Racing. The Cock O'The North Final. 10.00 Sports Unlimited 11.00 Motor Racing 12.30 Powerboating 1.00 Pool 2.00 Close

British Eurosport

7.30 Euro 2008 Show 8.00 UEFA Euro 2008 10.00 UEFA Euro 2008 12.00 Euro 2008 Show 12.30 UEFA Euro 2008 2.30 UEFA Euro 2008 4.30 Euro 2008 Show 5.00 Eurogoals 5.15 UEFA Euro 2008 7.15 WATTS 7.45 Live Boxing. Dominico Spada v Mariusz Cendrowski. 10.00 Rallying 10.30 World Superbikes 11.30 MotoGP 12.30 Close

Sky Sports Xtra

2.00 Volleyball 4.00 Pipeline Adventures 4.30 Aerobics Oz Style 5.00 Pool 6.00 Aerobics Oz Style 6.30 Motor Racing 8.00 Volleyball 10.00 Football Asia 10.30 Powerboating 11.00 Pipeline Adventures 11.30 Motor Racing 12.00 European Challenge Tour Golf 1.00 Pipeline Adventures 1.30 Motor Racing 2.00 Close

THE PORTUGAL News

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[2] Installation costs €40 per hour and is not available in every area.

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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Sun, Sea and Bargain Spotting; (T) BBC News; Regional News. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Wimbledon 2008. Day nine at the All England Club. Coverage continues on BBC2. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 My Family. An elderly patient comes to the surgery for treatment and confesses to an affair with a much younger woman, before dying in the dentist's chair. To cause further confusion, the man's wife and mistress come looking for Ben, arousing Susan's suspicions. Comedy, guest starring Eric Sykes; (R) (T) BBC News; Regional News. (T)
8.00 Celebrity MasterChef. New series. Well-known faces compete in the kitchen. In the first heat, Andi Peters, Joe McGann and Clare Grogan cook for paying customers and judges John Torode and Gregg Wallace at Bertorelli. It is then the turn of Ninia Benjamin, Steven Pinder and Hywel Simons to prepare a meal at Kenza. The two who impress the most will progress to Friday's quarter-final. (T)
9.00 Criminal Justice. Ben's expensive new barrister persuades him to plead self-defence despite his misgivings. Naively believing his debt to Graham has been repaid, he gets himself in more trouble back on the wing after trying to contact his mother to explain the legal strategy. Starring Ben Whishaw, Lindsay Duncan, David Harewood and Pete Postlethwaite. Continues all week. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. Myleene Klass announces the all-important numbers. (T)
10.40 The Visit. New comedy set in the visiting room of HMP Radford Hill, a category C prison. Newcomer Clint tries to be the hard man of the jail, but his wife is on hand to set the record straight. Fellow inmate Michael's dad wants him to appeal and the officers face a crisis when the vending machine runs out of chocolate bars. Steve Edge, Iain McKee and Darren Tighe star. (T)
11.10 FILM: Joe Somebody (2001). Comedy drama, starring Tim Allen; (T) Weatherview. (T)
12.50 Sign Zone: Mary, Queen of Shops. (R) (T) 1.50 Sign Zone: DIY SOS. (R) (T) 2.20 Sign Zone: Hard Sell. (R) (T) 2.50 BBC News. (T)

Pick of the Day

Celebrity MasterChef (BBC1, 8pm)

We've waited for what seems like months to hear the dulcet tones of Gregg Wallace and John Torode booming out from our TV screens telling us that "cooking doesn't get any tougher than this". After the emotionally draining experience of the last run, in which James Nathan from Bristol was crowned the 2008 champion, there's no wonder the presenters have needed a bit of a break. But now, they're back and keen to see which celebrities want to follow in the footsteps of Matt Dawson and Nadia Sawalha. Fighting it out this time are actors Linda Robson, Louis Emerick, Wendi Peters, Debra Stephenson, Chris Parker, Joe McCann, Steven Pinder, Mark Moraghan, Vicki Michelle, Sean Wilson, Clare Grogan and Hywel Simons. They'll be given a run for their money from musicians Liz McLarnon, DJ Spoony and Claire Richards, as well as sports personalities Denise Lewis and Noel Whelan, and presenters Andi Peters, Andrew Castle, Michael Buerk, Kaye Adams, Julia Bradbury and Josie D'Arby, with comedian Ninia Benjamin bringing up the rear. The first week of competition sees the famous faces toughing it out in a series of heats, the winner of which will progress to the next round. MasterChef's series editor, Karen Ross, said: "This competition is really tough and the standard of some of this year's cooking has been inspiring."

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Good Bid Good Buy. (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Heartbeat. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Louise's offer to buy the Hopes' businesses doesn't go well so she puts pressure on Viv by reminding her of the false alibi she gave the police. Gennie worries she'll never be a proper Dingle but spies a money-making opportunity she suspects will help. Laurel makes progress with Arthur. (T)
7.30 Coronation Street. Tony's offer prompts Rita to begin exploring retirement options. The Peacocks realise they've outstayed their welcome at the Websters', and Jason has a heart-to-heart with Becky. (T)
8.00 The Bill. In the first of a five-part story, new recruit PC Mel Ryder (Rhea Bailey) accompanies Smithy to interview an ex-soldier accused of trashing his own home. The Iraq War veteran admits to involvement with a gun-running operation but makes his escape after handcuffing the terrified pair at gun-point. Continues tomorrow. (T)
9.00 Marco's Great British Feast. New series. Marco Pierre White travels the UK in search of the finest homegrown ingredients, which he then combines into main-course options and serves up to diners at his Yew Tree Pub. (T)
10.00 News at Ten and Weather. (T)
10.35 London News and Weather. (T)
10.40 Six Degrees. Damian proposes to Regina but refuses to be honest about his criminal past. Whitney offers Steven the job of a lifetime, forcing him to reassess his priorities. Meanwhile, Laura receives a promotion, but there are strings attached. Drama, starring Dorian Missick and Zoe Saldana. (T)
11.40 Secret Diary of a Call Girl. An American film producer gets Belle an interview to join an exclusive group of prostitutes who service the world's wealthiest men. However, she soon discovers that working for the mega-rich comes with its own price tag. Final episode of the drama, starring Billie Piper. (T)
12.10 Bingo Night Live. 1.10 Quincy ME; (R) (T) ITV News Headlines. 2.05 Loose Women. (R) (T) 2.55 The Jeremy Kyle Show. (R) (T) 3.50 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Small Talk Diaries. (R) (T) 7.45 The Secret Show. (R) (T) 8.00 Prank Patrol; (R) (T) The Owl. (R) (T) 8.30 CBeebies: Get Squiggling. (R) (T) 8.45 Something Special. (R) (T) 9.00 Bob the Builder: Project Build It. (R) (T) 9.10 Charlie and Lola; (R) (T) Fimbles Songtimes. (R) (T) 9.30 Big Barn Farm. (R) (T) 9.45 Nina and the Neurons. (T) 10.00 In the Night Garden. (R) (T) 10.30 Yesterday at Wimbledon. (T) 11.30 The Daily Politics. (T) 1.00 Wimbledon 2008. The men's quarter-finals. Coverage continues on BBC1. (T) 3.25 CBeebies: LazyTown. (R) (T) 3.50 CBBC: Animalia. (T) 4.15 Uncle Max. (R) (T) 4.25 Young Dracula; (R) (T) Bernard. (R) 5.00 Blue Peter. (T) 5.25 Newsround. (T) 5.30 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2008. The closing stages of day nine at SW19. (T) 8.00 Today at Wimbledon. John Inverdale introduces highlights of the ninth day's play at the All England Club, focusing on the men's quarter-finals. (T) 9.00 Tribal Wives. An air hostess troubled by her alcoholic past experiences life with the fiercely independent nomadic Afars, discovering how tough life is with the Ethiopian tribe. (T) 10.00 Room 101. Sara Cox talks to Paul Merton about her pet hates, which include random firework displays and 19-year-old girls. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 The Supersizers Go. (T) 12.20 Malcolm in the Middle. (R) (T) 12.45 Malcolm in the Middle. (R) (T) 1.05 BBC News. (T) 4.00 BBC Learning Zone. (T)

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 Frasier. (R) (T) 9.25 Frasier. (R) (T) 9.55 ER. (R) (T) 10.50 Without a Trace. (R) (T) 11.40 Supporting Acts. (R) (T) 12.00 News at Noon. (T) 12.30 Water Stories. (R) (T) 12.40 FILM: School for Scoundrels (1960). Comedy, starring Ian Carmichael. (T) (bw) 2.20 Selling Houses Abroad. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.50 The Truth About Street Weapons. A surgeon talks about a life-saving operation he performed. (T) 8.00 Location, Location, Location. Kirstie Allsopp helps to find a home in south-west London for a fireman with a #180,000 budget. Also in the area, Phil Spencer looks for a property suitable for a family with twins. (T) 9.00 Personal Services Required. New series. Families select domestic workers. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.05 The Truth About Street Weapons. (T) 12.10 4Music: Independents Day. (T) 12.25 4Music: Road to V 2008. (T) 12.40 4Music: The Green Room. (R) (T) 1.10 4Music: Grassroot Gigs. (T) 1.25 Stargate SG-1. (R) (T) 2.35 Big Brother Live. 3.10 The Truth About Street Weapons. (R) (T) 4.25 St Elsewhere. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Beeps. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (R) (T) 6.45 Fireman Sam. (R) (T) 7.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.15 Ebb and Flo. (R) (T) 7.20 Hana's Helpline. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.40 Insect Antics. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.15 Mio Mao. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Milkshake! Music Box. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 The Property List. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (T) 3.05 The Family Recipe. (R) (T) 3.15 FILM: The Reading Room (2005). Premiere. Drama, starring James Earl Jones. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Massive Speed. Chris Barrie explores four-wheel-drive technology; (R) (T) 7.30 five news update. (T) 8.00 Britain's Closest Encounters. New series. Examining UFO stories; (T) 8.00 five news at 9. 9.00 Extraordinary People: Robochick. A woman who was fitted with a bionic vision system. (T) 10.00 FILM: RoboCop 2 (1990). The cyborg returns to battle a deranged drug lord, not realising his creators are planning to replace him. Sci-fi sequel, starring Peter Weller. Includes five news update at 10.55. (T) 12.15 Poker. 1.45 Major League Baseball. 4.45 ETU Triathlon. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1515 Prova de Amor 1530 Portugal no Coração 1800 O Preço Certo 2000 News 2100 Em Reportagem 2130 Quem Quer Ser Milionário 0030 City of Angels, film 0215 Foyle's War – The French Drop, film 0330 Euronews 0400 Portugal no Coração 0605 Nós

RTP2
0700 Euronews 0715 Zig Zag 1300 Entre Pratos 1400 Sociedade Civil 1530 Consigo 1600 National Geographic 1700 Zig Zag 1830 A Fè dos Homens 1900 Biosfera 1945 Zig Zag 2045 Friends 2115 National Geographic 2200 News 2230 Chick 2330 Clube de Jornalistas 0030 Noites da 2 0115 Universidades 0145 Bastidores 0230 Sociedade Civil 0400 Euro News

SIC
0600 Sic Noticias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Pura 1900 Sete Pecados 2000 News 2130 Clube Portugal 2200 Ciranda de Pedra 2245 Desejo Proibido 2330 Duas Caras 0030 Csi Las Vegas 0130 CSI Miami 0230 Quando o Telefone Toca

TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Que Quer Ganha 1800 Morangos com Açucar 1900 News 1945 Football: Half Finals 2115 Ilha dos Amores 2215 Doce Fugitiva 2315 Tu e Eu 0015 Dangerous Romance, film 0230 Toca a Ganhar 0345 TVI Negocios 0400 O Portector IV 0500 Telesales

Best of the Rest

BBC3
7.00 Dog Borstal 8.00 Film: Raising Helen PG (2004) 9.55 Jess: My New Face 10.55 Family Guy 11.15 Family Guy 11.35 Summer Heights High 12.05 Snog, Marry, Avoid? 12.35 Jess: My New Face 1.30 Glamour Girls 2.00 Glamour Girls 2.30 Glamour Girls 3.00 Glamour Girls 3.30 Snog, Marry, Avoid? 4.00 Britain's Missing Top Model 5.00 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Pop Go the Sixties 7.35 Batman 8.00 Lions: A Spy in the Den 9.00 Jews 10.00 Film: After the Wedding 15 (2006) 11.55 Jews 12.55 The Flapping Track 2.05 Can Dogs Smell Cancer? 3.05 Jews 4.05 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Identical Triplets: Their Secret World 9.00 Film: Jurassic Park III PG (2001) 10.45 Keith Lemon's Very Brilliant World Tour 11.15 Coronation Street 11.45 Jack Osbourne: Mongol Rally 12.50 Smallville 1.35 Teleshopping 4.35 ITV2 Nightscreen

Sky One
1.00 Cold Case 2.00 Wonderfalls 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Don't Forget the Lyrics 9.00 Film: City of Angels PG (1998) 11.10 The Boyz Are Back in Town 12.10 Boyzone Live 1.10 Road Wars 2.05 Cold Case 2.55 Airline 3.20 Cruise with Stelios: Caribbean 3.45 Cruise with Stelios: Caribbean 4.10 Bite Size Brainiac 4.20 Rescue Me 5.10 Guilty!

UKTV Gold
1.20 Last of the Summer Wine 2.00 Only Fools and Horses 2.40 The Good Life 3.20 My Family 4.00 The Two Ronnies 4.50 Alistair McGowan's Impression 5.00 The Thin Blue Line 5.40 My Family 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 The Good Life 8.20 My Family 9.00 Only Fools and Horses 9.40 The Vicar of Dibley 10.20 The Royle Family 11.00 Little Britain 11.40 The Vicar of Dibley 12.20 The Royle Family 1.00 Little Britain 1.35 Prison Break 2.30 Close Up 2.40 Fantasy Island 3.35 The Bill 4.20 Murder, She Wrote 5.05 EastEnders 5.35 Neighbours

TCM
1.00 The Cazalets 3.00 Come Fly with Me U (1963) 4.55 Northwest Passage PG (1940) 7.15 Soylent Green 15 (1973) 9.00 Poltergeist 15 (1982) 11.05 The Night Digger 15 (1971) 12.55 The Best House in London 15 (1968) 2.40 The Night of the Iguana 15 (1964) 5.00 Something of Value PG (1957)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

7.00 A Time to Decide PG (2000) 8.35 Criminal Behaviour PG (1992) 10.15 Rent 12 (2005) 12.40 The Starter Wife 2.20 Love Letters PG (1999) With Laura Linney. 4.00 Hush Little Baby 12 (2007) With Victoria Pratt. 5.40 All the President's Men 15 (1976) With Robert Redford. 8.00 Breaking and Entering 15 (2006) With Jude Law. 10.00 McVicar 18 (1980) With Roger Daltrey. 11.55 Disclosure 18 (1994) With Michael Douglas. 2.10 If Only 15 (2004) With Jennifer Love Hewitt. 3.55 Drama Close Up 4.25 A Time to Decide PG (2000)

Sky Movies Comedy

7.10 Foul Play 12 (1978) 9.10 Stop! Or My Mom Will Shoot PG (1992) 10.40 The Top 10 Show 11.00 Stakeout 15 (1987) With Richard Dreyfuss. 1.00 Little Man 12 (2006) With Marlon Wayans. 2.40 The Break-Up 15 (2006) With Jennifer Aniston. 4.40 RV: Runaway Vacation PG (2006) With Robin Williams. 6.25 Stop! Or My Mom Will Shoot PG (1992) With Sylvester Stallone. 8.00 Little Man 12 (2006) With Marlon Wayans. 9.45 Stakeout 15 (1987) With Richard Dreyfuss. 11.45 The Break-Up 15 (2006) With Jennifer Aniston. 1.35 The History of the World Part One 15 (1981) With Mel Brooks. 3.10 Foul Play 12 (1978) 5.10 RV: Runaway Vacation PG (2006)

Sky Movies Action

6.40 Conspiracy Theory 15 (1997) 9.10 The Da Vinci Code 12 (2006) 11.50 Fracture 15 (2007) With Anthony Hopkins. 1.55 Seduced by a Thief 15 (2001) With Sean Young. 3.40 Conspiracy Theory 15 (1997) With Mel Gibson. 6.00 Action & Thriller Close Up 6.30 The Da Vinci Code 12 (2006) With Tom Hanks. 9.00 Fracture 15 (2007) With Anthony Hopkins. 11.00 Flesh and Blood 18 (1985) With Jennifer Jason Leigh. 1.10 Lethal Weapon 2 18 (1989) With Mel Gibson. 3.10 Year of the Dragon 18 (1985) 5.30 Desperate Justice PG (1993)

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Super League 11.00 Live Cricket. Sussex v Lancashire. 6.00 European Tour Weekly 6.30 FIFA Futbol Mundial 7.00 Live Darts. The Las Vegas Desert Classic. 11.00 FIFA Futbol Mundial 11.30 Total Rugby 12.00 Soccer AM: The Best Bits 1.00 Darts 5.00 Sports Unlimited

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 WWE Vintage Collection 8.00 European Challenge Tour Golf 9.00 Athletics 11.00 Poker 12.30 Motor Racing 1.00 PGA EuroPro Tour Golf 3.00 Super League 5.00 NFL: Total Access 6.00 Boots 'n' All 7.00 Live Winning Post. From Chepstow and Leopardstown. 9.00 European Tour Weekly 9.30 Total Rugby 10.00 Boots 'n' All 11.00 NFL: Total Access 12.00 European Tour Weekly 12.30 Volleyball 2.30 PGA EuroPro Tour Golf 4.30 Close

Sky Sports 3

7.00 Challenge Tour Golf 7.30 Motor Racing 9.00 Volleyball 11.00 Aerobics Oz Style 11.30 Racing News 12.00 European Challenge Tour Golf 1.00 NFL: Total Access 2.00 Athletics 4.00 Pool 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 Total Rugby 7.30 European Tour Weekly 8.00 Boots 'n' All 9.00 Pipeline Adventures 9.30 PGA EuroPro Tour Golf 11.30 Transworld Sport 12.30 Ten Pin Bowling 1.30 Bass Fishing 2.30 Transworld Sport 3.30 Poker 5.00 Close

British Eurosport

7.30 Football 8.00 MotoGP 10.00 UEFA Euro 2008 12.00 World Superbikes 2.00 Live Show Jumping. The Concours Hippique International Officiel event. 4.00 Strongest Man 5.00 Eurogoals 5.15 WATTS 5.45 Olympic Magazine 6.15 Sport Traveller 6.30 Wednesday Selection 6.40 Polo 7.10 Show Jumping 8.10 Riders Club 8.15 US Tour Golf 9.15 European Tour Golf 9.45 Golf Club 9.50 Sailing 10.20 Yacht Club 10.25 Wednesday Selection 10.30 World Touring Car Championship 11.30 Eurogoals 11.45 Olympic Magazine 12.15 Sport Traveller 12.30 Close

Sky Sports Xtra

10.00 PGA EuroPro Tour Golf 12.00 Pool 1.00 Football Asia 1.30 Powerboating 2.00 Volleyball 4.00 Pipeline Adventures 4.30 Aerobics Oz Style 5.00 Challenge Tour Golf 5.30 Irish Greyhound Racing 6.00 Clipper Around The World Yacht Race 6.30 Challenge Tour Golf 7.00 Ten Pin Bowling 8.00 Volleyball 10.00 Ten Pin Bowling 11.00 Clipper Around The World Yacht Race 11.30 Challenge Tour Golf 12.00 Watersports World 1.00 Pipeline Adventures 1.30 Irish Greyhound Racing 2.00 Max Power 3.00 Watersports World 4.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Sun, Sea and Bargain Spotting; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Wimbledon 2008. The ladies' semi-finals. Coverage continues on BBC2. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 EastEnders. Shirley and Vinnie are caught out by Peggy's unexpected return, and Ben finds himself stuck in the middle of an argument. Stacey is shocked by what she discovers when she cleans the blood off Sean, and sets out with Bradley to investigate. Max starts to use underhand tactics to take control, leaving Abi torn between her mum and dad; (T) BBC News; Regional News. (T)
8.00 Celebrity MasterChef. Claire Richards, Sean Wilson and Kaye Adams compete at One O One restaurant in Knightsbridge, before Vicki Michelle, Chris Parker and Louis Emerick hope to impress paying customers at the Criterion in Piccadilly. Judges John Torode and Greg Wallace then decide which two contestants will progress to tomorrow's quarter-final. (T)
9.00 Criminal Justice. Ben takes to the witness box, arguing he is not the sort of person to commit murder. His day deteriorates further when he is forced into a fight with Milroy. Hooch provides a helping hand but the actions that follow lead to Ben being placed on a wing for vulnerable prisoners, where his hopelessness is compounded. Thriller, starring Ben Whishaw and Pete Postlethwaite. Concludes tomorrow. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Question Time. (T)
11.35 This Week; (T) Holiday Weatherview. (T)
12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Gold Fever! (R) (T) 1.25 Sign Zone: Countryfile. (R) (T) 2.20 Sign Zone: Hard Sell. (R) (T) 2.50 BBC News. (T)

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

Pick of the Day

Heroes (BBC2, 9pm)
It is probably a good sign that the final episode of this second season is going back to one of the places where the show began. The Shanti virus was hidden away in the secret facility below none other than Primatech Paper Company in Odessa, Texas, which Noah Bennet once used as a cover for his real work. In a second run which has failed to attain anywhere near the critical acclaim of the first series, the show getting back to its roots can only bode well for the upcoming third volume. But for those who have been worried the conclusion to this year's storyline wouldn't be up to scratch, be assured this explosive season finale sees the sci-fi drama back on top form. Deep below Primatech, Adam prepares to set his catastrophic scheme in motion, while the misguided Peter is left battling former friends Hiro and Matt. But can a reunion with his brother Nathan help him see the truth? Meanwhile, Maya finally learns the truth about Sylar when he kidnaps Molly and Mohinder, hoping to use the scientist's research to help restore his powers. And when some of the heroes decide it is time to tell the world about their abilities, someone proves they will go to any lengths to keep the knowledge a secret.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Good Bid Good Buy. (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Heartbeat. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Debbie gets jealous when Eli opts to spend time with Gennie rather than her. Viv tells Louise she'll sell her the business, and Katie informs Gray and Perdy she wants a Caesarean. (T)
7.30 Tales from the Country. Tony Francis and Selina Scott trace the history of British guidebooks. Tony uses an early example, written at the end of the 18th century, to explore the Wye Valley, while Selina visits Essex with a copy of the classic Shell guide to see if the 40-year-old publication is still useful today. (T)
8.00 The Bill. Part two of five. A woman is terrified by a mystery attacker in her home and officers are shocked to learn the assault was planned by a fellow Internet chat room user with a score to settle. Smithy faces a terrifying ordeal during an undercover operation to expose gun runner Kieran Wallace. Rupert Hill and Daniel Caltagirone guest star. (T)
9.00 ABBA: The Mamma Mia! Story. Marking the 10th anniversary of the musical production and the forthcoming release of the film adaptation, the programme explores the global appeal of the show. With interviews from the stars of the movie including Meryl Streep and Colin Firth, as well as original band members Bjorn Ulvaeus and Benny Andersson. Plus, behind-the-scenes footage from the motion picture. (T)
10.00 News at Ten and Weather. (T)
10.35 London News and Weather. (T)
10.40 Inside Crime. Kent Police appeal for information on a murder hunt that has carried on for 21 years, and the Flying Squad reveal their operation to dismantle a gang pulling off huge cash robberies.
11.10 Suggs in the City. The Madness frontman presents the chat show with celebrity guests and live acoustic performances from the famous members bar The Colony Room.
11.40 Bouncers. An insight into how nightclub bouncers deal with alcohol-fuelled violence involving women, some of whose bad behaviour is displayed in drunken outbursts at dawn. (R) (T)
12.10 Bingo Night Live. 1.10 Motorsport UK. (T) 1.35 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.30 Loose Women. (R) (T) 3.20 The Jeremy Kyle Show. (R) (T) 4.15 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Small Talk Diaries. (R) (T) 7.45 The Secret Show. (R) (T) 8.00 Prank Patrol; (R) (T) The Owl. (R) (T) 8.30 CBeebies: Get Squiggling. (R) (T) 8.45 Something Special. (R) (T) 9.00 Bob the Builder: Project Build It. (R) (T) 9.10 Charlie and Lola; (R) (T) Fimbles Songtimes. (R) (T) 9.30 Big Barn Farm. (R) (T) 9.45 Nina and the Neurons. (T) 10.00 In the Night Garden. (R) (T) 10.30 Yesterday at Wimbledon. (T) 11.30 The Daily Politics. (T) 12.00 Animal Park. (R) (T) 1.00 Wimbledon 2008. The ladies' semi-finals at the All England Club. Coverage continues on BBC One. (T) 3.25 CBeebies: LazyTown. (R) (T) 3.50 CBBC: Animalia. (T) 4.15 Uncle Max. (R) (T) 4.25 Best of Friends; (T) Bernard. (R) (T) 4.55 Hider in the House. (T) 5.25 Newsround. (T) 5.30 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2008. The closing stages of day 10 at the All England Club. (T) 8.00 Today at Wimbledon. Highlights of the ladies' semi-finals. (T) 9.00 Heroes. Maya is shocked to learn the truth about Sylar. Micah begs his mother to help him rescue Monica, and Peter faces a difficult decision when he is confronted by Hiro. Last in series. (T) 9.45 The Graham Norton Show. Doctor Who actress Catherine Tate talks about the fourth series of the drama, which ends on Saturday evening, and music is provided by the Kooks. Last in series. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Culture Show Uncut. (T) 12.05 Heroes Unmasked. (T) 12.20 Two Pints of Lager and a Packet of Crisps. (T) 12.50 BBC News. (T) 2.55 Close. 4.00 BBC Learning Zone. (T)

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 Frasier. (R) (T) 9.25 Frasier. (R) (T) 9.55 ER. (R) (T) 10.50 Without a Trace. (R) (T) 11.45 Small Railway Journeys. (R) (T) 12.00 News at Noon. (T) 12.30 Will & Grace. (R) (T) 12.55 FILM: The Grass Is Greener (1960). Romantic comedy, starring Cary Grant. (T) 2.55 Cook Yourself Thin. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.50 The Truth About Street Weapons. The murder of Manchester teenager Jessie James. Concludes tomorrow. (T) 8.00 Gok's Fashion Fix. Attempting to beat designer labels with summer clothes from the high street. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Fallout. One-off drama examining knife crime. A policeman returns to the estate where he grew up to investigate a teenager's murder, and finds a community living in fear. Lennie James stars. (T) 11.35 The Truth About Street Weapons. (T) 12.40 4Music: Wireless Festival 2008. 1.40 4Music: Independents Day. (T) 2.05 4Music: Road to V 2008. (R) (T) 2.20 Big Brother Live. 3.25 The Truth About Street Weapons. (R) (T) 4.25 St Elsewhere. (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Beeps. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (R) (T) 6.45 Fireman Sam. (R) (T) 7.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.15 Ebb and Flo. (R) (T) 7.20 Hana's Helpline. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Milkshake! Music Box. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 The Property List. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (T) 3.05 five news update. (T) 3.15 FILM: Hart to Hart: Old Friends Never Die (1994). Mystery, starring Stefanie Powers. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Rough Guide To. Toby Amies visits the Southern Alps in New Zealand for a spot of quad-bike hiking, and Julie Bradbury heads to Switzerland for some night sledging, skiing and snow-shoe trekking; (R) (T) 7.30 five news update. (T) 8.00 The Property List. The best places in Britain to build a new home; (T) 8.00 five news at 9. 9.00 House. Part two of two. The team fight to keep Amber alive. Last in series. (T) 10.00 Grey's Anatomy. Meredith remains missing following the ferry disaster. (T) 11.00 Cathouse. (R) (T) 12.00 Quiz Call. 4.00 Major League Soccer. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Prova de Amor 1530 Portugal No Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Grande Entrevista 2145 Quem Quer Ser Milionário 2245 Sal na Língua 2315 Courafe Under Fire, film 0015 Foyle's War, film 0215 Love's Abiding Joy, film 0400 Portugal no Coração 0605 Nós
RTP2
0700 Euronews 0715 Zig Zag 1300 Entre Pratos 1400 Sociedade Civil 1530 Consigo 1600 National geographic 1700 Zig Zag 1830 A Fè dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Friends 2115 National Geographic 2200 News 2240 Bones 2330 Balanço & Contas 0030 Noites da 2 0115 Univerdidades 0145 Iniciativa 0230 Liga dos Últimos 0315 Sociedade Civil 0445 Euronews
SIC
0600 Six Notícias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Pura 1900 Sete Pecados 2000 News 2130 Clube Portugal 2215 Ciranda de Pedra 2300 Desejo Roibido 2345 Duas Caras 0045 CSI Las Vegas 0145 Cartaz Cultural 0230 Quando o Telefone Toca
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Tarde de Julia 1700 Quem Quer Ganha 1800 Morangos Com Açucar 2115 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0100 Escritorio 0200 Cartaz das Artes 0230 Alfie, film 0445 Telesales

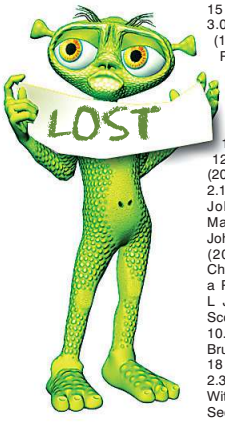
Best of the Rest

BBC3
7.00 Greek 7.45 Greek Uncovered 8.00 Britain's Missing Top Model 9.00 Jess: My New Face 10.00 EastEnders 10.30 Heroes 11.15 Family Guy 12.00 Greek 12.40 Summer Heights High 1.10 Britain's Missing Top Model 2.10 Snog, Marry, Avoid? 2.40 Snog, Marry, Avoid? 3.10 Greek Uncovered 3.25 Jess: My New Face 4.25 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 Born to Be Wild 8.00 The Great British Sunday 9.00 Sunday Schools: Reading, Writing and Redemption 10.00 Ian Hislop's Scouting for Boys 11.00 BBC Four Sessions: kd lang 12.00 Born to Be Wild 12.30 Sunday Schools: Reading, Writing and Redemption 1.30 Ian Hislop's Scouting for Boys 2.30 Born to Be Wild 3.00 Sunday Schools: Reading, Writing and Redemption 4.00 Close
ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Kids Do the Funniest Things 9.00 Katie & Peter: The Next Chapter 10.00 Gossip Girl 11.00 The Zutons: Live at indigO2 11.30 Supernatural 12.30 The Office: An American Workplace 1.00 Katie & Peter: The Next Chapter 2.00 Teleshopping 5.00 ITV2 Nightscreen
Sky One
1.00 Cold Case 2.00 Wonderfalls 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Bones 9.00 Bones 10.00 Empire 11.00 Road Wars 12.00 Road Wars 1.00 Road Wars 1.50 Cold Case 2.40 Airline 3.05 Airline 3.30 Cruise with Stelios: Caribbean 3.55 Cruise with Stelios: Caribbean 4.20 Rescue Me 5.10 Guilty!
UKTV Gold
1.20 Last of the Summer Wine 2.00 Only Fools and Horses 2.40 The Good Life 3.20 My Family 4.00 The Two Ronnies 5.00 The Thin Blue Line 5.40 My Family 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 The Good Life 8.20 My Family 9.00 Only Fools and Horses 9.40 The Vicar of Dibley 10.20 The Royle Family 11.00 Little Britain 11.35 The Vicar of Dibley 12.10 The Royle Family 12.50 Little Britain 1.30 The Vicar of Dibley 2.05 Fantasy Island 3.20 Close Up 3.30 The Bill 4.25 Murder, She Wrote 5.10 EastEnders 5.35 Neighbours
TCM
1.00 A Tale of Two Cities 3.00 Young Bess U (1953) 5.00 Never So Few PG (1959) 7.15 Marlowe PG (1969) 9.00 The Color Purple 15 (1985) 11.50 The Fixer 15 (1968) 2.10 Children of the Damned 15 (1964) 3.45 Texas Carnival U (1951) 5.00 The Fountainhead U (1949)
The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.05 Between Love and Honor PG (1995) 7.40 Long Road Home PG (1991) 9.25 Columbo Goes to College PG (1991) 11.05 Tom Horn 15 (1979) With Steve McQueen. 12.50 The Starter Wife 2.20 School Ties PG (1992) With Chris O'Donnell. 4.10 In from the Night 12 (2006) With Marcia Gay Harden. 5.55 Eight Below PG (2005) With Paul Walker. 8.00 Notes on a Scandal 15 (2006) With Judi Dench. 9.45 Bobby 15 (2006) With Laurence Fishburne. 11.45 Little Children 15 (2006) With Kate Winslet. 2.05 He Got Game 15 (1998) With Denzel Washington. 4.25 Between Love and Honor PG (1995)



Sky Movies Comedy

6.50 Racing Ace PG (2005) 8.30 The Top 10 Show 8.50 Ever After: A Cinderella Story PG (1998) 10.55 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) 12.25 Scary Movie 4 15 (2006) With Anna Faris. 1.55 Just Friends 12 (2005) With Ryan Reynolds. 3.35 Kung Fu Panda Special 4.05 Ever After: A Cinderella Story PG (1998) With Drew Barrymore. 6.15 Failure to Launch 12 (2006) With Matthew McConaughey. 8.00 Scary Movie 4 15 (2006) With Anna Faris. 9.30 Just Friends 12 (2005) With Ryan Reynolds. 11.15 Failure to Launch 12 (2006) With Matthew McConaughey. 1.00 Bull Durham 15 (1988) With Kevin Costner. 3.00 How To Be a Player 18 (1997) With Bill Bellamy. 4.45 Racing Ace PG (2005)

Sky Movies Action

7.10 Tsotsi 15 (2005) 9.00 Frozen with Fear 15 (2000) 10.40 Streets of Fire 15 (1984) 12.20 Snakes on a Plane 15 (2006) With Samuel L Jackson. 2.10 The Runner 15 (1999) With John Goodman. 3.50 Eddie Macon's Run 15 (1983) With John Schneider. 5.30 Tsotsi 15 (2005) With Presley Chweneyagae. 7.10 Snakes on a Plane 15 (2006) With Samuel L Jackson. 9.00 The Last Boy Scout 18 (1991) With Bruce Willis. 10.50 16 Blocks 12 (2006) With Bruce Willis. 12.35 Soldier Blue 18 (1970) With Candice Bergen. 2.35 Body of Evidence 18 (1992) With Madonna. 4.20 Point Last Seen PG (1998)

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 FIFA Futbol Mundial 9.30 Total Rugby 10.00 Live European Tour Golf. The European Open. 1.00 FIFA Futbol Mundial 1.30 Total Rugby 2.00 Boots 'n' All 3.00 Live European Tour Golf. The European Open. 6.00 IAAF Athletix Weekly 6.30 Premier League World 7.00 Live Darts. The Las Vegas Desert Classic. 11.00 Premier League World 11.30 IAAF Athletix Weekly 12.00 NFL: Total Access 1.00 Darts 5.00 Premier League World 5.30 Powerboating

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 WWE: Experience 8.00 Watersports World 9.00 Transworld Sport 10.00 Boots 'n' All 11.00 Ten Pin Bowling 12.00 Total Rugby 12.30 Transworld Sport 1.30 Ten Pin Bowling 2.30 Total Rugby 3.00 Transworld Sport 4.00 FIFA Futbol Mundial 4.30 Total Rugby 5.00 NFL: Total Access 6.00 Pipeline Adventures 6.30 Total Rugby 7.00 Powerboating 7.30 Golf Night 9.30 ATP Tennis 10.00 Live Poker. Coverage of the online Sky Poker Five-0 tournament. 12.00 FIFA Futbol Mundial 12.30 Powerboating 1.00 Golf Night 3.00 Poker 5.00 Race World

Sky Sports 3

7.00 Darts 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Clipper Around The World Yacht Race 12.30 Irish Greyhound Racing 1.00 NFL: Total Access 2.00 Pipeline Adventures 2.30 Irish Greyhound Racing 3.00 Watersports World 4.00 Ten Pin Bowling 5.00 WWE Vintage Collection 6.00 Transworld Sport 7.00 Race World 8.00 British Motocross Championship 9.00 WWE: Late Night - Raw 11.00 Extreme Championship Wrestling 12.00 Beach Volleyball 1.00 Race World 2.00 Parish Walk 3.00 Beach Volleyball 4.00 Close

British Eurosport

7.30 WATTS 7.45 Sport Traveller 8.00 Show Jumping 9.00 Paralympic World Cup 10.00 World Superbikes 12.00 Volleyball 1.00 UEFA Euro 2008 3.00 MotoGP 5.00 Eurogoals 5.15 Live Cycling: Tour de France. The presentation of the teams ahead of this year's race. 6.15 Cycling 6.45 Triathlon 7.45 Strongest Man 8.45 Cycling: Tour de France 9.45 euroCRASH! 10.00 World Superbikes 12.00 Trial Bikes 12.30 Close

Sky Sports Xtra

4.00 Pipeline Adventures 4.30 Aerobics Oz Style 5.00 British Motocross Championship 6.00 Parish Walk 7.00 Beach Volleyball 8.00 Watersports World 9.00 Motor Racing 9.30 Pipeline Adventures 10.00 Parish Walk 11.00 Pipeline Adventures 11.30 ATP Tennis 12.00 British Motocross Championship 1.00 Pipeline Adventures 1.30 IAAF Athletix Weekly 2.00 Powerboating 2.30 Close

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BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Sun, Sea and Bargain Spotting; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Wimbledon 2008. The men's semi-finals. Coverage continues on BBC2. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Sky Cops. An insight into the work of Britain's helicopter police as they crack down on crime. Narrated by Jamie Theakston; (T) BBC News; Regional News. (T)
8.00 EastEnders. Ronnie's search for Roxy leads her to Jack, where she discovers the truth about him and Tanya. Stacey tries to get Sean away from the Square to keep him from causing more trouble. Peggy doesn't want anyone to know Phil has left, but has other matters to contend with when she takes a mysterious phone call. (T)
8.30 Celebrity MasterChef. Well-known faces compete in the quarter-final, whipping up two dishes from mystery ingredients before taking part in a lunch service at a popular London restaurant. The judges are chef and restaurateur John Torode and food writer and ingredients expert Gregg Wallace. (T)
9.00 Criminal Justice. As the end of the trial approaches, Frances appears to be the only one convinced of Ben's innocence. Taking one final chance to re-interview a key witness, she finds shocking new evidence that may be vital in seeing her client exonerated - but the jury's deliberations balance on a knife-edge and Ben may not be able to survive a life sentence. Ben Whishaw stars. Last in series. (T)
10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 Friday Night with Jonathan Ross. The host is joined by Academy Award-winning actress Meryl Streep ahead of the release of the film version of the musical Mamma Mia! Stand-up comedian, writer and actor Chris Addison, and star of Hustle Adrian Lester also drop in, while music is provided by the Last Shadow Puppets. (T)
11.35 The National Lottery EuroMillions Draw. Sarah Cawood presents coverage of the National Lottery EuroMillions weekly draw. (T)
11.40 FILM: Kill Bill: Vol One (2003). Martial arts thriller, starring Uma Thurman; (T) Weatherview. (T)
1.25 Sign Zone: Paradise or Bust. (R) (T) 2.25 Sign Zone: The Supersizers Go. (R) (T) 3.25 BBC News. (T)

Pick of the Day

Coronation Street (ITV1 Granada, 7.30pm)
Actress Katherine Kelly has reportedly just signed a new contract to keep her on the Street, which won't have surprised many soap fans — after all, over the past few years, mouthy, volatile, but essentially well-meaning Becky has emerged as one of Corrie's best characters. However, there is a chance that she may slip in viewers' affections slightly after this episode, which sees her have a blazing row with Roy (David Neilson). The principled café owner makes it clear that after her recent shenanigans, he doesn't approve of her getting back together with Jason (Ryan Thomas), and the flatmates end up saying some very hurtful things. Is this the end for one of soap land's unlikeliest, but most loveable double acts? Elsewhere, Lloyd (Craig Charles) takes pity on Vernon (Ian Reddington), who has lost his home, job and marriage in the space of a week, and offers him a place to stay. Tony's (Gray O'Brien) plans for world — or at least Weatherfield — domination seem to be moving apace when Rita (Barbara Knox) accepts his offer to buy the Kabin, but he hits a stumbling block when Kevin (Michael Le Vell) refuses to sell the garage. Perhaps the factory boss should be doing his negotiating with Sally (Sally Whittaker), who might find it harder to pass up the offer of a bundle of cash.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Good Bid Good Buy. (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Heartbeat. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)
6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Debbie lets slip to Pollard about Gennie's scheme as she continues to feel jealous about Eli's friendship with the girl. Lexi asks Donald for another chance at working for him, and Donna tells Marlon to visit the job centre as he continues to pretend to Diane that he's working happily at the Malt. (T)
7.30 Coronation Street. Rita makes a decision about Tony's tender for the Kabin and, as tempers fray in the cafe, Becky and Roy reveal a few home truths. Meanwhile, Lloyd gives Vernon a roof over his head. (T)
8.00 By Royal Appointment. Hannah Scott-Joynt visits Richmond Park to learn more about the famous deer herd and tours the Royal Ballet's lower school, which has been housed in the 18th-century White Lodge for the past 50 years. (T)
8.30 Coronation Street. Jason offers Becky a bed at his place after her war of words with Roy leaves her homeless. Vernon drowns his sorrows with Lloyd, while Tony and Carla weigh up how to handle Kevin. A reluctant Ken gets a pep talk from Roger about attending the university reunion, and Sean and Marcus find themselves a flat. (T)
9.00 A Touch of Frost. Dour detective Jack Frost investigates a woman's near-fatal shooting. The attack victim was all set to testify against a notorious drugs baron accused of murdering one of his employees, but the appearance of a contract killer makes her think again - and it appears someone on Jack's team is leaking information. Meanwhile, the station is turned upside down in the hunt for a missing lottery ticket. David Jason, Michael McKell and Bruce Alexander star. (R) (T)
11.00 The Late News and Weather. (T)
11.40 London News and Weather. (T)
11.45 Bingo Night Live. Free-to-play interactive show offering viewers the chance to download cards from the Internet and win big prizes.
12.50 Nightwatch with Steve Scott: Emergency; (R) (T) ITV News Headlines. 2.40 FILM: Titan AE (2000). Animated adventure, with the voice of Matt Damon. (T) 4.10 ITV Nightscreen.

BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Pitt & Kantrop. (R) (T) 7.25 Newsround. (T) 7.30 Small Talk Diaries. (R) (T) 7.45 The Secret Show. (R) (T) 8.00 Prank Patrol; (R) (T) The Owl. (R) (T) 8.30 CBeebies: Get Squiggling. (R) (T) 8.45 Something Special. (R) (T) 9.00 Bob the Builder: Project Build It. (R) (T) 9.10 Charlie and Lola. (R) (T) 9.25 Fimbles Songtimes. (R) (T) 9.30 Big Barn Farm. (T) 9.45 Nina and the Neurons. (T) 10.00 In the Night Garden. (R) (T) 10.30 Yesterday at Wimbledon. (T) 11.30 The Daily Politics. (T) 12.00 Animal Park. (R) (T) 1.00 Wimbledon 2008. The men's semi-finals. Coverage continues on BBC1. (T) 3.25 CBeebies: LazyTown. (R) (T) 3.50 CBBC: Animalia. (T) 4.15 Uncle Max. (T) 4.25 Best of Friends; (R) (T) Bernard. (R) (T) 4.55 Sorry, I've Got No Head. (T) 5.25 Newsround. (T) 5.30 Shaun the Sheep. (R) (T) 5.50 Wimbledon 2008. The closing stages of day 11 at the All England Club. (T) 8.00 Today at Wimbledon. Highlights of the men's semi-finals. (T) 9.00 Top Gear. Jeremy Clarkson puts the Mercedes CLK Black through its paces, and Richard Hammond pushes the limits of the Audi RS6 while competing with a group of egotistic French skiers. (R) (T) 10.00 QI. Comedy panel game in which points are awarded for the answers host Stephen Fry finds most interesting. With Bill Bailey, Rob Brydon, Alan Davies and Rich Hall. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Classic Albums - Jay Z: Reasonable Doubt. (T) 12.30 The Summer Exhibition: A Culture Show Special. (T) 1.30 Star Trek: The Next Generation. (R) (T) 2.15 Star Trek: The Next Generation. (R) (T) 3.00 Malcolm in the Middle. (R) (T) 3.25 Malcolm in the Middle. (R) (T) 3.50 FILM: The Tattooed Stranger (1950). Mystery, starring John Miles. (T) (bw) 4.55 Close. 5.00 Close.

C4

6.00 Cubeez. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 8.55 Frasier. (R) (T) 9.25 The Chronicles of Narnia: Prince Caspian - T4 Movie Special. (R) (T) 9.55 ER. (R) (T) 10.50 Without a Trace. (R) (T) 11.45 In Your Dreams. (R) (T) 12.00 News at Noon. (T) 12.30 Designers Under Pressure. (R) (T) 12.40 Will & Grace. (R) (T) 1.05 FILM: Monte Carlo or Bust (1969). Slapstick chase comedy, starring Tony Curtis. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.50 The Truth About Street Weapons. The impact of a man's murder on his brother and best friend. Last in series. (T) 8.00 A Place in the Sun: Home or Away. New series. Singer Cheryl Baker searches in Folkestone and Cape Verde. (T) 9.00 Big Brother. Davina McCall announces the results of the eviction. Plus, highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 10.00 8 Out of 10 Cats. Phill Jupitus and Claudia Winkleman guest. (T) 10.35 Big Brother. (T) 11.10 Gordon Ramsay's F Word. (R) (T) 12.15 4Music: Wireless Festival 2008. (T) 1.15 4Music: Beat Stevie. (T) 1.25 4Music: 4Play: The Subways. (T) 1.40 Afterworld. (T) 2.05 Goalissimo. (T) 2.55 Big Brother Live. 4.25 Transworld Sport. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: The Beeps. (R) (T) 6.10 Little Princess. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (R) (T) 6.45 Fireman Sam. (R) (T) 7.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.15 Ebb and Flo. (R) (T) 7.20 Hana's Helpline. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Pocoyo. (R) (T) 8.50 Milkshake! Music Box. (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 The Property List. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (T) 3.00 five news update. (T) 3.10 FILM: The Wedding Dress (2001). Romantic drama, starring Neil Patrick Harris. (T) 5.00 five news; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Zoo Days. (T) 7.00 five news. (T) 7.30 Brits Who Made the Modern World. Investigating Britain's contribution to the space race; (T) 7.30 five news update. (T) 8.00 Jack the Ripper - The First Serial Killer: Revealed. Experts re-examine the case of the infamous murderer; (R) (T) 8.00 five news at 9. 9.00 NCIS. A Marine veteran confesses to murder. (R) (T) 10.00 Shark. Stark's friend and former law-firm partner is shot dead before his eyes, but the team discover their colleague was the intended victim. Guest starring Elizabeth Lackey and Peter Gallagher. (T) 11.00 Law & Order. (R) (T) 12.00 Quiz Call. 4.45 Out of Practice. (R) (T) 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

LOCAL

RTP1
0630 Bom dia Portugal 1000 Dia do Mar 1300 News 1530 Dia do Mar 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 è Agora 2130 Liga dos Últimos 2215 After the Sunset, film 0100 Lawrence of Arabia, film 0115 Haunting Sarah, film 0345 Euronews 0400 Portugal No Coração
RTP2
0700 Euronews 0715 Zig Zag 1300 Entre Pratos 1400 Sociedade Civil 1530 Consigo 1600 National geographic 1700 Zig Zag 1830 A Fè dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Friends 2115 National Geographic 2200 News 2240 Bones 2330 Balanço & Contas 0030 Noites da 2 0115 Univerdidades 0145 Iniciativa 0230 Liga dos Últimos 0315 Sociedade Civil 0445 Euronews
SIC
0600 Sic Noticias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Pura 1900 Sete Pecados 2000 News 2130 Club Portugal 2200 Ciranda de Pedra 2245 Desejo Proibido 2330 Duas Caras 0030 CSI Las Vehas 0130 CSI Miami 0230 Quando o Telefone Toca
TVI
0700 Diario Da Manha 1000 Você na TV 1300 News 1400 Mundialito de Futebol de Praia 1700 Quem Quer Ganha 1745 Morangos com Açucar 1900 News 2115 Euromilhoes 2130 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0030 Nile Diamond, film

Best of the Rest

BBC3
7.00 Top Gear 8.00 Doctor Who 8.55 Doctor Who 9.40 Doctor Who Confidential 10.00 EastEnders 10.30 Two Pints of Lager and a Packet of Crisps 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Family Guy 11.55 Family Guy 12.15 Snog, Marry, Avoid? 12.45 Britain's Missing Top Model 1.45 Jess: My New Face 2.45 Two Pints of Lager and a Packet of Crisps 3.15 Two Pints of Lager and a Packet of Crisps 3.45 Snog, Marry, Avoid? 4.15 Doctor Who Confidential 4.35 Close
BBC4
7.00 World News Today 7.00 Weather 7.30 A Seaside Parish 8.00 Meetings with Remarkable Trees 8.10 Wheel of Time - Storyville 9.30 BBC Four Sessions 10.30 Songwriters' Circle - Cave, Cale and Hynde 11.20 Nick Cave on Later with Jools Holland 12.20 The Avengers 1.10 BBC Four Sessions 2.10 Nick Cave on Later with Jools Holland 3.10 Wheel of Time - Storyville 4.30 Close
ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Pushing Daisies 9.00 America's Got Talent 11.15 Katie & Peter: The Next Chapter 12.15 Coronation Street 12.45 Coronation Street 1.15 Film: Manhunter 18 (1986) 3.20 Teleshopping 5.50 ITV2 Nightscreen
Sky One
1.00 Cold Case 2.00 Wonderfalls 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: The Fugitive 15 (1993) 11.00 Gladiators 12.00 Road Wars 1.00 Road Wars 1.50 Cold Case 2.40 Airline 3.05 Airline 3.30 Cruise with Stelios: Caribbean 3.55 Cruise with Stelios: Caribbean 4.20 Rescue Me 5.05 Bite Size Brainiac 5.10 Guilty!
UKTV Gold
1.20 Last of the Summer Wine 2.00 Only Fools and Horses 2.40 The Good Life 3.20 My Family 4.00 The Two Ronnies 5.00 The Thin Blue Line 5.40 My Family 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 The Good Life 8.20 My Family 9.00 Only Fools and Horses 9.40 The Vicar of Dibley 10.20 The Royle Family 11.00 Little Britain 11.40 The Vicar of Dibley 12.20 The Royle Family 12.55 Little Britain 1.35 Prison Break 2.30 Close Up 2.40 Fantasy Island 3.35 The Bill 4.20 Murder, She Wrote 5.05 EastEnders 5.35 Neighbours
TCM
1.00 A Tale of Two Cities 3.00 The Glass Slipper U (1954) 4.45 North by Northwest PG (1959) 7.15 The Gang That Couldn't Shoot Straight PG (1971) 9.00 That'll Be the Day 15 (1973) 10.45 Demon Seed 15 (1977) 12.25 Mr Ricco 15 (1975) 2.10 The Outrage 15 (1964) 3.50 Freaks 15 (1932) 5.00 The Perfect Specimen U (1937)
The Disney Channel
Kids' programmes from 7am, except: 6.10 Film: Cheetah Girls U (2003) Comedy drama, starring Raven-Symone. 9.30 Film: Cheetah Girls U (2003) Comedy drama, starring Raven-Symone.

MOVIES

Sky Movies Drama

6.00 Victim of Love PG (1993) 7.40 Falsely Accused PG (1993) 9.20 Columbo: Murder in Malibu PG (1990) 11.00 Proof 12 (2005) With Gwyneth Paltrow. 12.50 The Starter Wife 2.20 3:10 to Yuma 15 (2007) With Russell Crowe. 4.25 Friends with Money 15 (2006) With Jennifer Aniston. 6.00 Stomp the Yard 12 (2007) With Columbus Short. 8.00 3:10 to Yuma 15 (2007) With Russell Crowe. 10.05 The Pursuit of Happyness 12 (2006) With Will Smith. 12.05 Kiss the Girls 18 (1997) With Morgan Freeman. 2.10 Midnight Express 18 (1978) With Brad Davis. 4.20 Victim of Love PG (1993)

Sky Movies Comedy

6.25 Let's Make Love U (1960) 8.25 Sgt Bilko PG (1996) 10.05 Just Like Heaven PG (2005) 11.45 Good Burger PG (1997) With Kel Mitchell. 1.25 Date Movie 12 (2006) With Alyson Hannigan. 2.55 School for Scoundrels 12 (2006) With Billy Bob Thornton. 4.40 Phat Girlz 15 (2006) With Mo'Nique. 6.20 Just Like Heaven PG (2005) With Reese Witherspoon. 8.00 Date Movie 12 (2006) With Alyson Hannigan. 9.30 School for Scoundrels 12 (2006) With Billy Bob Thornton. 11.15 Phat Girlz 15 (2006) With Mo'Nique. 1.00 For Your Consideration 12 (2006) With Christopher Guest. 2.35 I'm Gonna Git You Sucka 15 (1988) With Keenen Ivory Wayans. 4.15 Good Burger PG (1997)

Sky Movies Action

6.00 Facing the Enemy PG (2001) 7.50 Once Upon a Time in the West 15 (1969) 10.40 The Hunter 15 (1980) 12.30 Ultraviolet 15 (2006) With Milla Jovovich. 2.20 Final Approach 4.00 Final Approach 5.30 Stormbreaker PG (2006) With Alex Pettyfer. 7.10 Poseidon 15 (2006) With Kurt Russell. 9.00 Lock, Stock and Two Smoking Barrels 18 (1998) With Nick Moran. 10.50 Outlaw 18 (2007) With Sean Bean. 12.40 Vanishing Point 18 (1971) With Barry Newman. 2.40 Gridlock'd 18 (1997) With Tupac Shakur. 4.25 Stormbreaker PG (2006)

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Premier League World 9.30 Powerboating 10.00 Live European Tour Golf. The European Open. 1.00 Transworld Sport 2.00 IAAF Athletix Weekly 2.30 Premier League World 3.00 Live European Tour Golf. The European Open. 6.00 World Sport 6.30 Rugby Union 7.30 Live Super League. Wigan Warriors v Leeds Rhinos (Kick-off 8.00pm). 10.00 Live Friday Fight Night. David Barnes v Barry Morrison. 12.00 NFL: Total Access 1.00 Pipeline Adventures 1.30 World Sport 2.00 Friday Fight Night 4.00 Cricket 5.30 World Sport

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 WWE: Raw 9.00 Pipeline Adventures 9.30 IAAF Athletix Weekly 10.00 British Motocross Championship 11.00 ATP Tennis 11.30 IAAF Athletix Weekly 12.00 Live Cricket. Durham Dynamos v Kent Spitfires. 8.00 Live International Cricket. West Indies v Australia. 10.30 Cricket 12.00 Rugby Union 1.00 Super League 3.00 ATP Tennis 3.30 Rugby Union 4.30 Irish Greyhound Racing 5.00 Powerboating 5.30 Powerboating

Sky Sports 3

6.00 British Motocross Championship 7.00 Darts 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Race World 1.00 NFL: Total Access 2.00 Pipeline Adventures 2.30 Powerboating 3.00 Race World 4.00 IAAF Athletix Weekly 4.30 WWE: Raw 6.30 Live Darts. The Las Vegas Desert Classic. 12.00 Golf Night 2.30 Powerboating 3.00 Powerboating 3.30 Super League 5.30 IAAF Athletix Weekly

British Eurosport

7.30 Volleyball 8.00 Live Volleyball. USA v Poland. 10.00 Volleyball 11.00 Live Volleyball. Cuba v Germany. 1.00 Live Beach Volleyball. The women's Grand Slam event from Moscow. 2.00 Live Volleyball. China v Japan. 4.00 Live Beach Volleyball. Further coverage of the quarter-finals from Moscow. 5.00 Eurogoals 5.15 Volleyball 6.30 Strongest Man 7.30 Live Volleyball. Germany v Austria. 9.30 Poker 10.30 Yoz Magazine 11.00 Strongest Man 12.00 Yoz Magazine 12.30 Close

Sky Sports Xtra

2.00 Beach Volleyball 3.00 British Motocross Championship 4.00 Pipeline Adventures 4.30 Aerobics Oz Style 5.00 NFL: Total Access 6.00 Pipeline Adventures 6.30 Tight Lines 7.30 Golf Night 10.00 WWE: Late Night - Smackdown 12.00 WWE: Late Night - Bottom Line 1.00 Tight Lines 2.00 British Motocross Championship 3.00 Pipeline Adventures 3.30 World Sport 4.00 Beach Volleyball 5.00 British Motocross Championship

Neutering Campaign

This year's neutering campaign prompted a poor turnout, maybe due to the fact it was too far into summer, or more likely due to finances and the petrol crisis.

Having said that, we were pleased to see many of the usual faces bringing in street cats from different colonies around the Algarve and also many new people from as far afield as Alcantarilha and Castro Marim. I have said it before, and I will say it again, more neutering campaigns are needed throughout the Algarve, especially in the East, but we are willing to try and cover some of the demand at this far west end, if it means less kittens. However, some people are just physically and financially not able to travel this far.

I would like to thank all the vets and nurses that took part once again in this campaign, voluntarily. We couldn't do it without them and I am very grateful to them for giving up their one day off in an already busy week. They worked from 9h00 until the last cat was done. I would also like to thank our lunch makers for providing a great lunch each day and to the voluntary extras that came in to clean boxes, sweep and wash floors and help scrub kits, etc, especially Liz, who worked every day, just because she enjoyed it!

The final total was 92 cats and 5 dogs. We do not usually do dogs but there were some urgent cases that needed to be fitted in and one vet who didn't mind doing them. We tested two cats that showed signs of cat Aids (not to be confused with human Aids, it is not transmissable between the species) and when they proved positive, we put them humanely to sleep. At least this way they will not be infecting other cats. As I say, a much lower number of cats this campaign, but still a good job well done and I hope, fewer kittens this year.

Michele - The Hope Fund Lagos

Harry

Harry on the Podium

You may remember an article last year about Izzy the Portuguese Water Dog Champion. Izzy is still enjoying her swimming and did so well gaining the maximum 60 points at Olhão Water Trails on 1st June this year. As she already has her Championship Izzy is swimming for fun more than anything else these days although seeing a dog work so well in the water is a joy to watch as well as a credit to the hard work put in by the handler.

As well as training two other Portuguese Water Dogs ready for this years Water Trails Laura Browne has been kept very busy trying to keep up with her new Dog Light My Fire da Pedra da Anixa (Harry). Light My Fire is campaigning in Dog Shows rather than Working Trails at the moment as trying to do both at the same time is difficult. Although you never know, we may see Harry entertaining us in the water sometime in the future.

Harry's first big win was at Fafe Show in February 2008 with a promising 3rd best puppy in show. This win meant he had enough points to finish his puppy title adding to a title he already had Porto Puppy Winner 2008.

He attended his first Show out of Portugal at the end of March 2008 in Luxembourg where he won his Luxembourg Junior Champion Award and also qualified for Crufts 2009. He also beat two Champion Adult Males from Holland to win Best Male. All this at only 10 months old!

Since then he has campaigned at four shows all around Portugal winning best of breed at each show. He then went on to get some excellent results. In Moita he came 3rd in the Junior Finals against all the other junior males at the show and 2nd in Portuguese Breeds. This is a class for all Breeds native to Portugal. The Best of Breed of each Portuguese Breed goes through to this final and normally these are adult dogs.

Harry's big day came at Costa Azul Show. He won Best of Breed and then came 1st in the Junior Male Finals. He then went on to win Group 8, came 2nd in Portuguese Breeds and got his first RBIS. This means he was placed second out of 500 dogs and still he was only 10 months old.

His next show was at Penefial where he repeated the exact same results as he did at Moita with RIBS again. His most recent show and his last show was at Elvas where again he won the breed, the Junior Finals and the group and to our great surprise he also won the Portuguese Breeds.

Harry has many titles after his name already, he has the puppy achievement award, Porto Puppy Winner 2008, Luxembourg Junior Champion and also with his win at Moita he achieved his Junior Promise Title. His official name now reads Light My Fire da Pedra da Anixa JE08, PPW2008, LUXJRCH, JP08.

Harry was lovingly bred by Laura's great friend Isabel Santos of Pedra da Anixa kennels based in Setubal. www.pedradaanixa.com Laura would like to thank Isabel for all her help and advice and of course for Harry who as well as a fantastic show dog is also a brilliant pet with a fantastic temperament. Harry's next major show is The World Dog Show in Stockholm, Sweden on the 6th July where he will be competing against over 100 other Portuguese Water Dogs. In total there will be over 20,000 dogs all hoping for the title of World Winner. Harry will still only be a junior so his goal would be Junior World Winner. For this we wish Light My Fire da Pedra da Anixa , Laura Browne, Isabel Santos and Harry's handler Marta Flores Ribeiro all the luck in the world and as for Light My Fire da Pedra da Anixa what is left to say except 'watch this space'.

Clare Browne

Lost

Bianca is 4 years old, spayed , weighs 45 kgs, she is tall, black coat and light brown chest and paws. She has a red collar with a round plate with only 2 numbers of a telephone. Bianca lost herself not more than 8 days ago in the aeolicos mills field between the town of Vila do Bispo and Pedralva. If you found her, please call Simão on 964808826 or email to simaonuno@yahoo.com

Need a home

Belinda is a very young podengo X (1 year old), she is full of energy and playful. She would be very happy in a family, she is sweet and faithfull. She has been dewormed, deflead, vaccinated and spayed. Call Valérie for a visit (I have also many others dogs to show you!) Call Valérie on 913 860 865 / lili10.evann@yahoo.fr

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Horse and Hounds Event 3rd August

Where does the time go, suddenly it is summer. We can now announce that the Horse and Hounds Party at Pinetrees Riding Centre, Almancil will be on Sunday 3rd August 2008. Make sure you add this event to your diary and start practicing with your dogs for the Agility section.

This year there will also be a dog show which will take place before the main Horse and Hound Events. The dog show will have fun classes and will start at 15.30pm. Horse and Hound events start at 17.00pm. All entries can be made on the day or you can book your place for the horse section in advance by calling Beverley at Pinetrees on **289 394 369**. However, if you have a horse and no dog or vice versa a dog and no horse, if you call Beverley in advance she can try to fix you up with a dog/horse.

Horse and Hound is an annual party held at Pinetrees to help raise monies for local charities. This year the chosen charities are Riding for the Disabled in the Algarve and Bombeiros Voluntários de Faro.

The event will be sponsored by Merrylegs Pet Resort, Paws for Pets, Pinetrees Riding Centre, Eki Loule and Sergio Ribeiro.

For the Horse and Hounds event there will, as usual, be teams of one rider and horse with one dog and handler. The horse and rider go over a series of jumps or around an obstacle course first, followed by their team-mates of dog and handler who complete an agility course. Each team (horse and dog) round is timed and the top three of each groups will receive presents. This provides a lot of fun and entertainment for the spectators.

If anyone wants some practice and training in the Agility for dogs Laura will have a class on Friday 18th July between 18.00pm till 19.00pm, and Friday 1st August between 18.00pm and 19.00pm. Anyone interested in agility training please ring Laura on **919 551 614** for a chat and further information. All classes are 2 Euros and all the money will go to Charity. It is well worth trying out the agility class before the show, at least that way both you and the dog will know what should be done!!! Both my PWDs have a 'blank' moment with the tunnel, they both get to the middle, lay on their backs and roll around and around—not the planned move by any means. It usually ends up with me on the ground trying to get them out—or crawling in myself in the worst case!! So practice makes perfect!!

Snacks and drinks will be supplied by the Riding for the Disabled in the Algarve.

Phone numbers to remember:

Bevereley at Pinetrees Riding Centre 289 394 369

Laura at Merrylegs, for training 919 551 614

Protect your pet with knowledge
www.paws4pets.net
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Eyes, nails and teeth — daily health care

All these little jobs take time, but in all honesty for a few moments a day, you could avoid more serious problems that then require a Vet visit. Again all of these jobs are best started when you actually first get the dog home as it can be a bit of an ordeal trying to clean teeth, suddenly, on a ten year old dog, they object strongly and think you are completely mad!

Cleaning the eyes

Eye cleaning should never be overlooked as part of day to day grooming. Obviously, breeds do differ and some need more care than others—Bulldogs, for example have protuberant eyes and they have to be cleaned regularly. I just clean around my dogs eyes with a damp ball of cotton, just to remove dirt and dust. We have products for removing the stains around the eyes, this happens in certain breeds, easily resolved. The Vet should be consulted if the eyes are tender, red or with any discharge.

A quick note on Conjunctivitis, which is the chief reason for sore eyes. The word Conjunctivitis simple means inflammation of the membrane around the eye. The result being a red eye, there may also be a discharge from the eye, either colourless or a white of green discharge, which is the result of a bacterial infection. There is a basic ointment available which should solve the problem very quickly. If it does not then further investigations will be necessary, tests taken, maybe the bacteria is resistant to the ointment being used. It can take time I know from experience with one of my dogs, but eventually we came up with the correct drug and all was well. A visit to the Vet is a must. Note some of the eye drops I have had in the past have had to be kept in the fridge and are also 'age' dated. So, what I am trying to say it is probably NOT possible to keep them in the medicine box for treatment as and when necessary.

Nail Clipping

Not one I attempt to do but Jim does ours. Dogs that exercise on road surfaces, require less frequent nail clipping than, for instant, my dogs, how live and walk around grass and soft ground. First warning, when clipping a dog's nail be careful not to cut the 'quick', a blood vessel in the nail. The Beardies and Old English were not too difficult — the black nails of the PWDs are a challenge. Cutting the quick will cause the dog pain, result in a lot of blood and cause battles in the future. This happened to Lennie once and he NEVER forgot. Always keep styptic power, or pencil handy in case of emergence. Holding the dogs paw carefully, snip off just the tip of each nail — (using doggy nail clippers). Any ragged nail surface can be filed down with a nail file. Now that really conjured up an amusing picture of trying to do that with the PWDs, they are not the most 'still' of dogs.

Teeth

I learnt by tough experience that it really is most cost effective to clean our dog's teeth as much as possible. My first Old English had awful tooth problems (and ears!!), he had to have his teeth cleaned under anaesthetic regularly — not nice for him and any anaesthetic carries risks so best to avoid. It is best to start the habit of tooth cleaning when they are really young so they can get used to the whole event. They do NOT like our toothpaste, it is the minty flavour. We have various flavours in the shop, I use the Dorwest Roast Dinner as this gets the job done fast and with no fuss from them, they love the taste. We have the toothbrushes as well. Ideally a nightly event — BUT I do not always remember. My three are quite funny (I do not subject Sandy to toothbrushes now), after their evening meal I get them to sit in a line. I start with Chloe, she goes all silly, shakes her head and looks adorable. Once hers are done she dashes around very proud of herself, follow her with Cleo and finally Merlin. It has to be said that the PWDs are the best behaved dogs I have ever owned for medical issues, they just let us get on with what we suggest!. From experience over the years I find the build up of tartar on the teeth is not what it used to be — using a natural food with no additives and all natural products is better for the dogs and to me this has been proved time and time again — most especially in the teeth.

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Ear Care

I suppose this has been 'inspired' by Cleo's recent ear problems.

I do not remember my parents having problems with our dogs when we were growing up, but that could just be that I was not concentrating. We did have serious ear problems with our first Old English sheepdog, involving expensive operations. Sandy, our present oldie Old English Sheepdog has had her fair share of problems over the years. She has 'caused' four ear haematomas, all needed surgery, she caused these by shaking her head as her ears were hurting. So, one could question how I come to have another three dogs with large, hairy, floppy ears!!

I must just say with the best will in the world and continual ear cleaning you can still find a problem. It seems to be the nature of the ears. Spaniels have problems so friends tell me. At the first suspicion of problems visit the Vet as if left the problem CAN become so serious as my first OES proved.

The regular treatment is pretty simple to do, and not too time consuming —- once mastered! If at all possible start a system as soon as a pup comes home, then it becomes routine, just like teeth.

Remove ear dirt and wax by swabbing ears with a cotton ball moistened with ear cleaner. Then dry out ear with a dry cotton ball and dust ear with a medicated ear powder. The ear powder makes it easier to pull hair out and helps prevent ear infection.

With some breeds, (like all of mine!!), there is more accumulation of hair at the entrance to the ear canal than other breeds, so it must be removed. Ear hair can be pulled out with the fingers or with ear forceps. I always remember a very good friend with OES'S telling me it did not hurt the dogs —- I think my lot would contradict that. If using fingers, please be sure to wash hands well before to prevent any infection. Ear mites being the most obvious that could be passed over. When you pull out the ear hair, take hold of the dogs ear, lift it up and lay the ear across the head. This just sounds soooooooooooooo easy! Talk to Cleo and Merlin they will confirm 101 ways to avoid this EVER happening. Anyway, should you achieve this, it allows you to pull hair from the external ear but closes the inner ear to protect it.

Pull small bits of hair at a time to make it a little more comfortable for the dog.

Sometimes, as has happened to some of mine a visit to the Vet is necessary and more intense cleaning done, best under tranquilization for the dogs point of view —- and your own sanity in some cases. Watching Cleo sleeping through all the pain she was enduring with her ears was so much better than wrestling with her awake.

There are products for keeping ears clean, we have them in stock. But, for the necessary antibiotics you would have to visit the Vet. As pointed out in a recent Cleo article, sometimes it becomes necessary to have swabs taken to assure the best drug is used for the specific problem.

Happy ear cleaning —- any questions please ring me, not that I am any expert —- just have too much experience of long, furry ears!

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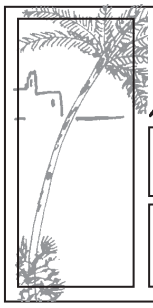

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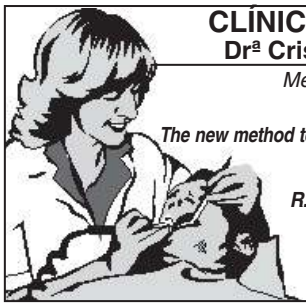

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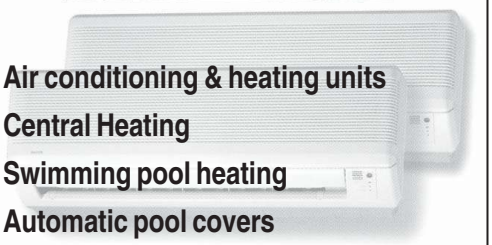

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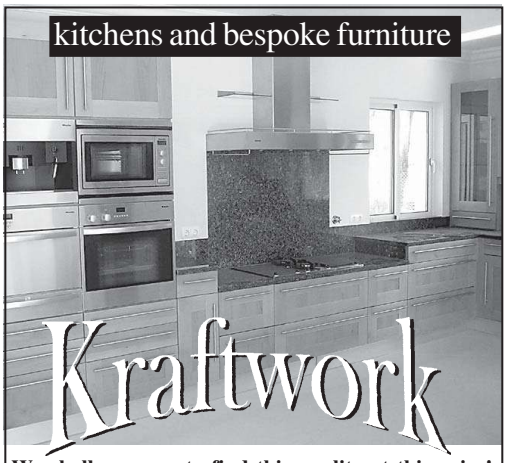

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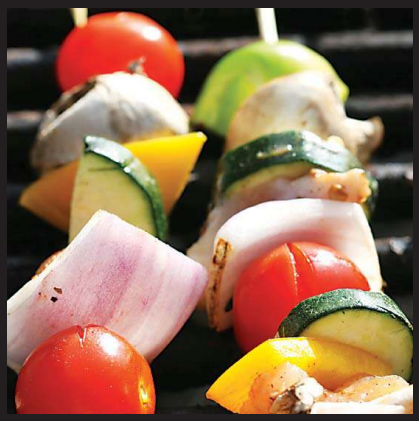

The May International Algarve Fair at Fatacil Lagoa was the most successful to date.

Among many tributes received, Lagoa's Mayor said it was "extremely well organised and dynamic" and was a "good blend of various communities of different nationalities".

In the completed surveys, visitors told us they most enjoyed the entertainment and variety of activities, the little circus and music. They loved the crafts the variety of stands, the show gardens, choice of restaurants and the 'kid's stuff'.

They enjoyed the cars, bikes, pet shop and various beauty treatments. Most said they just enjoyed everything and there were many comments about the atmosphere, the friendliness and warmth of the people.

Exhibitors were also asked to complete surveys and a massive 86.8% voted the fair a total success.

Even greater things are being planned for the next fair - Make sure YOUR company is represented!

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WHERE TO WORSHIP

Lisbon

IGREJA DO CORPO SANTO, LISBON Largo do Corpo Santo, Catholic Services in English, Mass each Sunday and Holyday at 11.00am Tel. 21 467 3771

IGREJA DA SRA. DOS NAVEGANTES, CASCAIS Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

ST MARIA, São Pedro do Estoril Catholic Service in English every Sunday at 10:15 Tel. 21 467 3771

OCEAN CHRISTIAN COMMUNITY - An International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Saboia, Rua Belmonte, No. 1, Estoril. For more information contact us on 21 9282019

INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Momoh

BAPTIST MISSION - Esgueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel 965-363-986.

GREATER GRACE WORLD OUTREACH has Live(and archived!) upbeat and inspiring Worship Services available for free viewing thru their website www.ggwo.org—the site also gives contact info for their ministries in northern and southern Portugal. Check it out and be blessed

RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1 dto, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N° 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9:00am in Portuguese and 11:00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church - meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm- all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

CHAPEL OF ST. PIUS X: PRIORADO S.PIO X, Estrada de Chelas, 31, 1900 Lisboa. Tel.(21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S.Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30 am every Sunday. Tel. 21 4692303.

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. Tel. 21.4692303.

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrewslisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, Nº 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboleira Corps (Praceta Almada Negreiro, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Rui de Sousa, Lote 65 A loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

IGREJA DE CRISTO (CRISTA) Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel. 21 2461596).

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IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76. Sintra. (Behind Sintra train station). Sunday 3pm. Tel: 214 690 600. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua da Barroca, 122 (Bairro Alto), Lisbon. Saturday 6.30pm. Tel: 213 421 604. No collection.

The Algarve

CHURCH OF ENGLAND SERVICES St. Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion. 9:30 every Sunday. Info Rosie Baden-Powell 289 328302; **St. Luke's,** Monte da Palhagueira, Gorjões. (Nr. Sta. Barbara) Holy Communion 11:30 a.m. every Sunday. Info Maxine Srivastava 917 267 948; **Luz** Senora da Luz Holy Communion. 12:00 every Sunday. Plus Children's Rainbow Club. Info: Joyce Daffey 282 788104.

ALL SAINTS ANGLICAN CHURCH, ALGARVE – Contemporary, Evangelical worship. Sundays: Holy Communion Service with Crèche and Adventurers. 10.30 am Community Centre, Almancil (ASCA – Associção Social e Cultural de Almancil). Service in Lagoa at Lagoa Convent Chapel 6pm. Details from 282 380311 or www.allsaintsalgarve.org. See our website for dates of Services of Holy Communion.

CENTRO CRISTÃO FONTE DE VIDA Pentecostal Church, Sítio do Paul, Estrada do Sargaçal, Sargaçal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website www.fontevida.org

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English · 11am. at St. Lourenço Church - Almancil · 6.30pm. at Four Seasons Country Club— Quinta do Lago — Almancil. Further information, please contact the International Catholic Community of Almancil (Griselda Neto on 966168120 or Vítor on vgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril1 17, R/C-D1 Portimão. Bible study on Tuesdays; 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipraia Shopping Centre near the church. Tel 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

CHURCH IN ALJEZUR / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho), Tel. 282-086804 or 282-697546.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE

Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterslide Park. Services in English, creche and Sunday School. For further information: 289 328635.

LAGOA CHRISTIAN FELLOWSHIP An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru pre-teen. Service every Sunday 11am to 12:30 pm. Portuguese translation available. Address: EN125 - Vale de Lousas, Alcantarilha. Next to Auto Heat, SACL & Centro de Lareiras. Pastor Alípio Amaral Tel 282 381347. Visit our website at www.lagoafellowship.com

TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Candido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

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ROMAN CATHOLIC ST. ANDREWS, PENINA R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

SALVATION ARMY Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

EREV SHABAT - For services Tel: 282 416710

JEHOVAH'S WITNESSES - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Emgembeiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. Tel: 282 332 813. No collection.

JEHOVAH'S WITNESSES - Public Talk in English. Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 1pm. Tel: 282 442 279. No collection.

Oporto

ENGLISH SERVICES In OPORTO—GREATER GRACE now has contemporary worship in Porto as of 11/18; Featuring uplifting music and insightful Biblical teaching, our meetings take place in the Sala Grande at Hotel Peninsular, Rua Sá da Bandeira, 21 (behind the McDonald's in the Praça de Liberdade) while we continue our search for a permanent location. Service time is 16h (other service times are being considered for 2008). More information is available on www.Nova Aurora.com, by email to nova.aurora@clix.pt or by calling 91 711 2736. We are also looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived services, can be seen at www.ggwo.org.

RIVERSIDE PORTO INTERNATIONAL CHURCH – Oporto. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. contact@riversideporto.com web site www.riversideporto.com

ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO

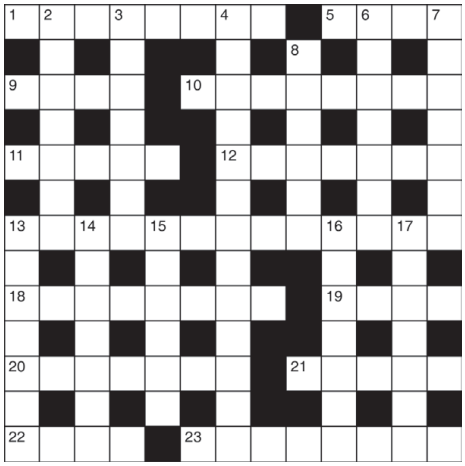
Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoporto.org

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntá-rios; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Saudade e Silva 27/29 (between Caldas da Rainha Railway Station and 'Pingo Doce'. All welcome.

The Portugal News Crossword No. 198



QUICK CLUES

ACROSS
1. Prediction (8)
5. Chair (4)
9. Blemish (4)
10. Dislike (8)
11. Ultimate (5)
12. Reading desk (7)
13. On one's own (13)
18. Fearless (8)
19. Imprison (4)
20. Attribute (7)
21. Rot (5)
22. Comfort (4)
23. Project (8)

DOWN
2. Uproar (7)
3. Share (7)
4. Public utility builder (5,8)
6. Obvious (7)
7. Tenure (7)
8. Nursery (6)
13. Copy (7)
14. Discovers (7)
15. Summary (6)
16. Atomic (7)
17. Slowcoach (7)

QUICK SOLUTIONS No. 197

Across: 1 Dire; 3 Manually; 9 Several; 10 Regal; 11 Extravagance; 13 Spirit; 15 Collie; 17 Unhesitating; 20 Amble; 21 Bolster; 22 Pressing; 23 Tray.

Down: 1 Dispense; 2 Rivet; 4 Afloat; 5 Unreasonable; 6 Logical; 7 Yell; 8 Creativeness; 12 Beggarly; 14 Ignoble; 16 Ribbon; 18 Inter; 19 Damp.

"But the Lord is faithful, and he will strengthen and protect you from the evil one."-
2 Thessalonians 3:3

Upward Glance

with Joyce Voelker

Final Exams

The month of June is exam time in high schools and universities throughout Portugal. Students will be involved in late-night study sessions, caffeine-fueled writing binges, and ulcer-inducing stress as they prepare for these critically important exams.

As believers, we often face tests in our lives as well. Genesis 22 begins by saying, "God *tested* Abraham. Abraham's loyalty and allegiance to the one true God is tested in a most stressful way.

"Abraham," God says, "Take your son, your only son, Isaac, whom you love . . . and sacrifice him."

Isaac was God's gift to Abraham. All of God's promises were wrapped up in this miracle child. How easy it would have been for Abraham to love Isaac more than he loved God. To love the gift more than the Giver.

God's instructions are plain and simple. If Abraham obeys, demonstrating his allegiance, loyalty, and trust in the promises of God, he passes the test. If he refuses, he retains control over his son's destiny, but fails to demonstrate his commitment to following God no matter what the cost.

The rest of the story is recorded for us in Genesis chapter 22. In the 11th chapter of the book of Hebrews the story is beautifully amplified and explained. Here we learn that, by faith, Abraham obeyed, reckoning that even if Isaac died, God could raise him from the dead (Hebrews 11:17-19).

While God won't ask us to literally sacrifice a child on an altar, He does often ask believers to give up things that are precious to them. God always wants to know that nothing in our lives is more important or more valuable than our relationship to Him.

If by faith we believe like Abraham that when God takes something from us, He will give something back in even better terms, then we will pass the test and give Him all He demands and all He desires. Everything we give to Him is an opportunity to pass the test and prove to Him that nothing in our lives is of greater value than His friendship and fellowship.

It is wonderful to know as we face tests in our lives that our Tester loves us deeply and is ready to help us pass.

More information about how to have a relationship with God can be found at *www.rbc.org/personal_relationship_with_god.page*

Announcements

LONELY? BORED? Come and join out happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel.: 962 633 811.

CASA - WELL-KNOWN local social club (over 300 members) who raise money to help many needs in the area. Open to all, with a monthly newsletter of events and dinners (local venues for reasonable prices). Plus outings to interesting places in Portugal and Spain. Find out more by calling Mary 282 357 275.

ARROZ DOCE. Find the recipe in the WRVS book of recipes and tips on sale at the Griffin Book Shop Almancil or by mail telephone Ruth Hurst 919 351 921. Money from the sales goes to Portuguese charities.

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If you think you have what it takes contact Jan Mitman at Drain Doctor's UK office – telephone 0044 1733 753 939 or e mail info@draindoctor.co.uk

Charities

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tenis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

DONKEYS, DOGS and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965 019 796.

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Entertainment & Leisure

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For further details on location of Church and Sunday services (with Kidz Klub) & other activities and available courses at International Community Church, see web site www.icc-lagos.org or call 282 697 546 or 282 086 804.

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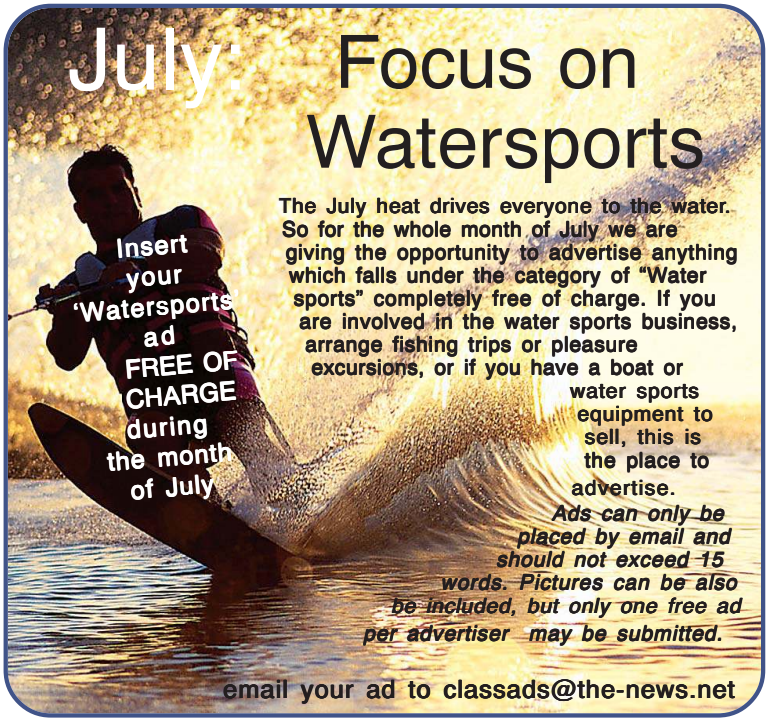

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Hundreds of Zimbabwe political violence victims seek refuge at the South African Embassy in Harare, Zimbabwe, 26 June 2008. Most have been made homeless after fleeing torture at the hands of the Zanu PF militia who support President Robert Mugabe. The Zimbabwe President will be the lone presidential candidate in Friday's elections after MDC leader, Morgan Tsvangirai, officially withdrew from the elections. (Photo: EPA/STR)

Portugal rejects outcome of Zimbabwe elections

The Portuguese Government confirmed on Wednesday that it will not recognise the presidential run-off election scheduled for this Friday in Zimbabwe.

The State Secretary for Foreign Affairs said Lisbon's position is that the country does not currently unite "the minimum political conditions to stage free and fair elections."

João Cravinho added that whatever the outcome, the result would not deserve recognition from Portugal.

Futuristic bulbs could save millions

Despite being on the market, in all the usual places, the new generation of power-saving, eco-friendly light bulbs are as yet not being used on a wide scale despite saving the country anything up to 5.6 million euros per year, should their use become commonplace.

With an energy consumption of under two watts per bulb, they are so far only to be used in appropriate places, for lesser illumination.

If used on a wide scale, they could result in global savings of 5.6 million euros.

This was calculated by environmental watchdog Quercus's 'EcoCasa' project, which claims that if these bulbs substituted for four standard household light bulbs, in every Portuguese household, then maximum savings would be achieved.

Despite not being adequate for reading or cooking, they are easy to replace, having identical systems as normal bulbs and are ideal for the likes of corridors, walkways and halls.

Based on LED-lighting technology, it is thought the bulbs will save anything up to 47.2 million kilowatts per hour, per year, almost the equivalent of the total energy used in the district of Bragança which serves 35 thousand inhabitants – a saving of 5.6 million euros per year.

As well as having a near-non-existent energy consumption rate, LED lights are also designed to last longer, up to at least 13, uninterrupted months.

Fuel cartel files vanish

At the beginning of June, the Competition Authority (AdC), called upon by the Government to urgently conduct an in depth analysis to either confirm or rule out fuel price fixing in Portugal. Shortly afterwards, it cleared fuel companies of any wrongdoing, despite increases among bigger retailers being matched almost to the cent and occurring simultaneously or shortly after the country's biggest supplier, Galp, had announced a rise. Less than three weeks later after fuel companies were "cleared", it has now emerged that investigations conducted by the previous Competition Authority administration on large fuel companies, initiated as far back as 2004, have disappeared.

The new administration of the AdC was adamant this week that it had not inherited any files regarding concerns over the dominant position of the three biggest fuel retailers in Portugal and their ability to potentially distort the market.

The previous AdC chairman, Abel Mateus, who stepped down earlier this year after five years in charge, told newspaper *Público* in March that the AdC was investigating "Internal problems such as parallel pricing", initiated back in 2004 when concerns over fuel price fixing first emerged.

In comments to *Público*, Abel Mateus warned of the "perverse" position the three major fuel companies in Portugal (Galp, BP, Repsol) find themselves in with relation to the control of fuel infrastructures. He explained his point by highlighting the "joint-venture among them for the Sines to Aveiras pipeline through which 70 percent of the country's fuel supplies pass".

Without ever accusing fuel companies of forming cartels, he suggested they might do so "tacitly".

This week, he refused to comment extensively, but said he had left the results of his work with the AdC.

At the time of going to press, doubts still persisted as to what had happened to these files containing years of work subsidised by the Portuguese taxpayer.

On 3 June, the recently elected AdC president, Manuel Sebastião went to Parliament to tell MPs that investigations he led did not reveal any signs of price fixing at the pumps, without making any reference to previous studies conducted between 2004 and 2008 by his predecessor.

At the end of May, the Portuguese Fuel Retail Association (ANAREC) indicated they suspect foul play among the major fuel companies.

ANAREC chairman Augusto Cymbron charged that the constant price hikes witnessed so far this year were "scandalous" in that fuel companies appear to be taking advantage of the unstable climate to line their own pockets.

"When you look at the case of BP, which in the first quarter of 2008, saw their profits soar by 63 percent in relation to the same period last year, everything becomes clear. How can they continue to argue that the constant increases in fuel prices are motivated by the high cost of oil?" he questioned.

BP Portugal refuted these claims, saying that their profit margin "is only a few cents" per litre of fuel sold.

In the meantime, the CDS-PP have called on the Government to publish the additional revenue it has obtained from taxes levied on higher fuel prices at the pumps.

Before taxes, diesel costs around 60 cents a litre, while unleaded fuel is priced at just above 70 cents a litre.

Speaking recently in Parliament, Prime Minister José Sócrates said reducing taxes levied on fuel would have "horrible" effects on the economy.

Domestic gas more expensive than electricity

Electricity is steadily becoming a strong contender as an alternative to gas for household purposes, such as cooking and bathing, as gas is now costlier than its electric counterpart.

Named GPL, gas for domestic consumption is already more expensive than electricity distributor Electricidade De Portugal (EDP)'s bi-hourly rates, where the most significant case differences reach 12.8 per cent.

It is also rapidly gaining ground on EDP's base rates.

Last week a bottle of butane gas cost approximately €20, which translates as €1.54 per kilo. This week, some gas consumers from Lisbon and the Algarve were paying up to €21.3 euros per bottle of gas.

Using burnt energy as a common calculus to establish a comparison, it was discovered that each kilo of GPL has enough energy to produce 12.9 kilowatts per hour, which means each kilowatt per hour (kWh) costs around €0.120.

However, when burnt, 15 per cent of the gas evaporates, therefore meaning last week a 13-kilo bottle of gas cost €0.137/ kWh.

Using EDP's bi-hourly electricity rates, each kWh costs €0.132, including all IVA taxes and other additional common surpluses.

During EDP's 'low-period', this amount fell to €0.068/ Kwh, nearly half the cost of gas.

Economic crisis forces shops into early sales

Shops and big chain distributors have already started to sell discounted products, with savings up to 70%, to make up for the slump in sales the economic crisis is provoking.

Spring hadn't yet finished and discounts were everywhere. Now, one full month before the normal sales season, in mid-July, shops are putting up their discount signs.

The lack of consumer power has led to the consequent reduction in sales, obliging shop owners to anticipate promotions in order to encourage shoppers.

If this method of sales is seen as the only way to survive for shop owners, the Commerce and Services Confederation of Portugal say this strategy employed by big chains of clothing and accessories harms small businesses, who cannot employ this strategy. By offering promotions early small businesses are incurring more problems.

PT accused of misleading contracts

A new phone plan unveiled by PT, named Plano Total PT Grátis, offers clients unlimited free phone calls to other fixed phones for a year at a certain monthly cost. But it has met with opposition from some clients who say they were signed up against their wishes.

PT clients who do not wish to join the free phone calls scheme, either because the costs exceed what they actually spend on the phone or because their home is a temporary one, or purely because they do not want to, have to call 16200 within thirty days after receiving a letter to refuse the plan or they could be charged for a whole year's service at €7.50 a month, it has emerged.

One company that takes charge of people's phone bills in the Algarve contacted **The Portugal News** directly after noticing an increase in several of their clients' bills.

A spokeswoman said: "My office pays clients' bills for them and I noticed that the usual monthly amount had increased. On looking at the bill I noted this *planos de preços* charge and we contacted PT who said our client must have agreed by telephone to accept the plan".

The company later contacted PT to question them about this service which none of their clients signed up for. All monies were returned after the company asked its clients to write a letter to PT denying they had accepted the plan.

When purchasing a phone line from PT the contract comes in Portuguese and many people do not realise that, together with signing the contract, a charge for *plano de preços* is included, which can only be deactivated by calling PT.

An industry source further explained to **The Portugal News**: "When foreign people apply for a phone line their contract is in Portuguese and there are lots of clauses they do not understand. When they change over to our company, they contact us and say they are still receiving bills from PT relating to *Planos de Preços*".

President of Portugal Telecom Zeinal Bava explained this week that the letters are being sent only to "confirm the clients' subscription to the offer and to avoid fraud problems", he also stated "The company likes that its clients confirm the subscription and, if necessary, correct it".

Firemen fight a fire in the Super Dragons bus near the Stadium da Luz during an ice-hockey match between Benfica and F C Porto last Saturday. (Photo: Lusa / André Kosters)

FC Porto fans' bus torched near Benfica stadium

A bus rented out to F.C. Porto fans was torched just outside the Estádio da Luz in Lisbon last week.

The fans were supporting the Porto hockey team in their last game of the final play off of the national championship, which they won for the seventh time running, when their bus was torched fifteen minutes into the game.

Witnesses at the location say they saw three individuals close to the bus moments before the fire started. Six firemen, with the help of a fire-truck, put out the fire.

The Judiciary Police is taking care of investigations as there are strong indications of arson.

FC Porto snap up star Benfica player

Portuguese champions, FC Porto, only days after they learnt Benfica would not be taking their place in the lucrative Champions League, rubbed salt in the wounds of their arch-rivals by announcing the signing of Uruguayan international Cristian Rodriguez for seven million euros.

Following the retirement of Benfica stalwart Rui Costa, Benfica were looking to Rodriquez as their playmaker for the coming season.

Only weeks after the Uruguyan publicly stated that he would play for no other Portuguese club but Benfica, he made the move, despite an offer by the Lisbon club to make him their top earner, reportedly being offered close to double the €75,000 a month Benfica and Portugal captain Nuno Gomes receives.

Unconfirmed reports say Cristian Rodriquez will be paid in the region of 1.5 million euros a year during his time in Oporto.

The 22-year old started his career at CA Peñarol in his homeland before moving to Europe with Paris Saint-Germain FC for whom he played 36 times in three seasons. He has represented his country on 22 occasions scoring three goals.

Frederico Gil falls one set short of history

Portuguese tennis player, Frederico Gil, in action during the match against Swiss opponent, Roger Federer, at the Estoril Open in the Jamor Complex in Oeiras, Portugal in April. (Photo: Lusa / Tiago Petinga)

Portugal's number one ranked tennis player Frederico Gil, almost wrote his name in folklore of the sport when he came within a whisker of qualifying for the second round of Wimbledon.

Ranked number 109 in the world, Gil will be on the verge of the top 100 when the ATP updates its rankings next week despite his exit at the first hurdle at the prestigious tournament in south-west London.

After losing the first set 6-4 to the big-serving Frenchman Jeremy Chardy, Frederico Gil, among the smallest players on tour, bounced back by winning the next two sets 7-6 and 6-4. After matching Chardy throughout the fourth set, Gil lost his services with the score at 5-4.

Gil lost his serve in the fifth and final set in the second game, and was unable to break back, eventually losing 6-3.

No other Portuguese player had made it through to the second round of a Grand Slam, and after his first round exit at Roland Garros and a commendable showing on grass, Gil will be confident of making history on the fast hard courts in New York in August when the US Open takes place.

In a strange coincidence, it was Chardy who knocked Gil out Roland Garros, in a one-sided encounter which the Frenchman won in straight sets.

The Portuguese player, will take his career earnings to around $250,000 with his performance at Wimbledon, with $100,000 of that total earned during the first six months of 2008.

Gil will stay on in London for the doubles, where he is paired with Belgian giant Dick Norman, for a unique pairing, though they will have their task cut out, having to face seventh seeds Arnaud Clement and Michael Llodra.

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Auf wiedersehen Portugal

Portugal's quarter final game against Germany was of great quality, despite Portugal's usual inability to deal with free kicks. The final score, 3-2, did not come without some controversy.

The game kicked off with a high pace and short, quick passes along the ground, with Germany showing great style and composure. Despite Hitzlsperger shooting twice in the first ten minutes, the first real goal opportunity was João Moutinho's sitter at 20 minutes, originated from Bosingwa's cracking cross just metres away from goal, but he managed to miss as he hesitated whether to use his head or his knee; finally choosing the knee to hit the ball over. Soon afterwards, Germany played a wonderful one two and club team mates Podolski and Schweinsteiger linked beautifully with Schweinsteiger firing Podolski's low cross into the back of Portugal's net. Paulo Ferreira was partly to blame for not keeping up with Schweinsteiger's run but nevertheless it was a fantastic goal with Germany showing speed and fluidity.

Germany doubled their lead minutes later when Klose was not marked properly and headed in a free kick cross, Portugal's Achilles heel.

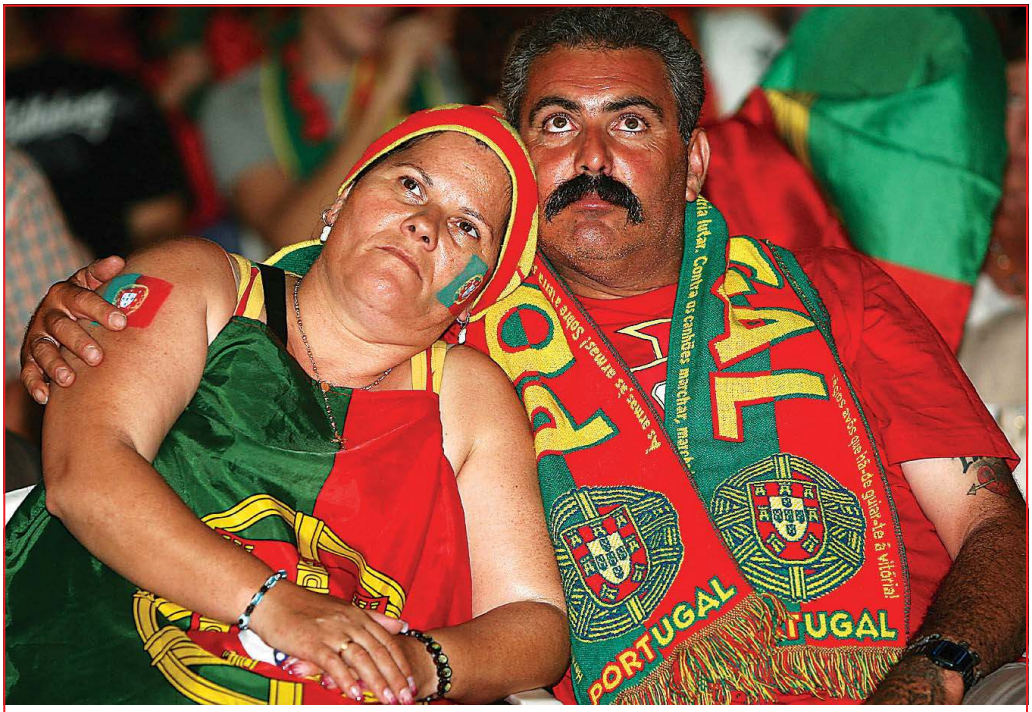
Just before half time Portugal's hopes came back with a fantastic play, starting from Deco, when Ronaldo's shot was defended by Lehmann who was unable to catch Nuno Gomes' left foot rebound shot.

The second half started with Portugal demonstrating a great desire to score again but players' efforts at goal were always off target thus showing no real threat to Lehman's goal. Pepe missed the best chance to equalise with a header in the 56th minute of the game.

Germany's third goal came from another set piece, when Ballack nudged Chelsea team mate Paulo Ferreira to gain position for the header and beat a hapless Ricardo to the ball. Portugal was able to score another goal on the 86th minute when substitute Nani, who played with great enthusiasm during his time on the pitch, crossed the ball to Hélder Postiga, another substitute, who seized the opportunity to score a convincing header.

Portugal's desperation grew as the final minutes ticked by and they were unable to score an equaliser.

Portugal, while awaiting the announcement of a manager to replace the charismatic Luiz Felipe Scolari, can now look forward to qualifying for the World Cup in 2010 in South Africa, with their first games on September 6 and 10, when they will face Malta and Denmark, respectively.



Portuguese fans look downcast after Portugal lost against Germany and were knocked out of the UEFA EURO 2008 championships on 19th June. (Photo: Lusa / Luis Forra)

Crazed fan stabs three in Oporto after Germany-Portugal game

Last Thursday night, after Portugal's quarter final defeat against Germany, three people were stabbed in General Humberto Delgado Square at the end of the game.

According to an officer of the PSP, a 59 year old stabbed people around him for no reason whatsoever except for the result of the game "The man was in a bad mood after the game and stabbed whoever was closest to him" he said.

The man already had a police record for identical assaults and in his statement to the PSP he gave no explanation for his actions.

Kite Masters – Portimão World Tour 08

For the third time running, Alvor beach will be hosting one of the most important events of the PKRA world Kitesurf Circuit, between 8th and 13th July.

The competition will have two different categories, the Race and Freestyle. The race, which started in Portugal in the 2007 circuit, will have some of the fastest athletes on earth, such as Sean Farley and Steph Bridge, winners of the first two events of this year's circuit.

The Freestyle Kite Masters is a special event with only the top ten placed in the PKRA Male Ranking and the top six from the Female ranking will be exhibiting their best tricks in a fluid but aggressive run.

General Director of the event Erich Steffen says "It is with great pride we are organising, for the third year running, a stage of the PKRA World Circuit of Kitesurf, represented by the elite of this sport", he also mentioned the fact Alvor has the perfect conditions as well as the beautiful scenery to host such a world renowned event of this fast growing sport.

The event will be televised and streamed on the Internet so anybody from anywhere in the world can keep up to date with the event.

Euro to have more teams

The European Football Championships will probably have 20 or 24 teams in the final group stages by 2016, as opposed to the current 16, the General Secretary of Europe's football governing body UEFA has said.

"After the summer, and after a consultation phase (to 53 national federations) we will take a position about the expansion of the tournament. There should be a decision in the second half of this year" said David Taylor, quoted by Reuters.

In the first final phase of a Euro tournament, in 1960, there were only four countries, a format that was upheld until 1976.

In 1980, eight teams entered the finals.

If the teams rise to 24, there will be six groups of four teams with the best two of each group moving on to the second round. If the option is 20 teams, there will be four groups of five teams, with the top two going to quarter finals.

If there are any changes, they will only be done for Euro 2016, which at the moment only has one candidate, France.

Euro 2012, still with only 16 teams after qualifying stages, will be organised by Poland and the Ukraine, which will be receiving a UEFA delegation in July to assess their current situation as it is known that several delays have been occurring.

Steroid heaven

Buying anabolic steroids in Portugal can only be done with a medical prescription, but pharmacies, gyms and Internet sites sell the products indiscriminately to many people.

People's obsession for a perfectly chiselled body is playing down the negative side effects of anabolic steroids and making them a common drug at gyms across the country.

The demand for these dangerous substances has created a parallel market, marked by the lack of control and the easiness to buy them.

The most sought after steroids for people wanting to change their bodies the quickest way possible, without considering side effects, are Deca Durabolin, Proviron, Testoviron and Sustenon.

A pharmacy worker told newspaper *Jornal de Notícias* he has no problems selling steroids to a person who 'inspires trust', and several customers said they have no problems with buying them.

Selling these products without medical prescription is a very serious crime and fines range between €5,000 and €50,000, but as there are no regulatory bodies imposing the law, the underworld of steroids keeps growing.

There are hundreds of tragic stories relating to the consumption of these drugs on Internet sites showing the dark side of steroids.

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